

Pathwork on
Building a Spiritual Support Network

This quote from Pathwork Lecture 7 *Asking for Help and Helping Others*, explores the factors to consider when building up a spiritual support network. Naturally as we grow spiritually we want and need a community of people who are likeminded and who are at the same level as we are, people who can challenge us, guide us from their experiences, and encourage us on our spiritual path.

We may find that we do not enjoy the company of those who are not yet at our level. Should we avoid these people that we assess are at a lesser level? That may be easier, but this lecture invites us to consider that we may have a role to play with such a person and that we would be less fulfilled if we did not engage with this person, even though it may not be to our liking.

The quote also says we may stay with a spiritual companion because we are not far enough to recognize that we could be hurt by such a person.

This quote also invites us to be open to the idea that we may not, in fact, be at a higher level and hence not able to help another. There are no fixed answers to life's questions – each situation has to be explored. We need to ask, “So how is life and this individual teaching and guiding me in this experience? And vice versa?” And we need to ask for and be open to any and all guidance that is given, in whatever form guidance shows up.

For me this says a lot about how I build my spiritual support network – inviting me to ask myself, “Who are my mentors? For whom am I to mentor? How? When? Are there those I need to withdraw from because I could be hurt by them because of my own lack of development?”

10	<p>... There are people who believe that something is right because its opposite is wrong. And yet both extremes are wrong, precisely because they are extremes. Here is an example:</p> <p>The higher a person's development, the more important it becomes that he surround himself with kindred human spirits so they can mutually help and stimulate each other and make the contact productive. These contacts will not harm the soul, as do some contacts, no matter how innocent they may appear.</p> <p>Yet here, too, nothing should be forced. Ask for guidance, will this guidance, and it will come in a much wiser and more wonderful way than you can imagine. Only those who have experienced guidance can know the wonder of it in the depths of their soul.</p> <p>On the other hand, people who have already achieved a higher level of development and possess sufficient strength will, because they are aware of unpleasant or harmful experiences with people on a lower level, withdraw from contact with them when they should rather not.</p>
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	<p>A person trained in contact with God's spirit world will know which relationships to keep and which to give up. The stronger you are, the better grounded in your path, the smaller the danger that you can be harmed by lesser developed beings, and the greater your opportunity to help and influence them.</p>
11	<p>However, people's first reaction is to do that which is easiest: those who <u>can</u> still be harmed spiritually through contacts with less developed souls are usually still at a stage where these contacts will not be unpleasant to them, and so they do not wish to give them up. They persuade themselves that they can help with what they have already gained, yet they are not truly capable of giving such help and will, instead, be weakened. Rather, <u>they</u> ought to seek out contacts which will strengthen them.</p>
12	<p>On the other hand, people who can no longer be harmed, for whom these disharmonious contacts are but tests through which they can strengthen themselves, are in a state in which these contacts feel like sacrifice; they want contact only with kindred spirits and avoid those who do not give them pleasure.</p> <p>They are inclined to apply what was true for them before, but should no longer apply in the same way, namely, that contact with people of a lower development is harmful. Here one can sometimes make a mistake by not fulfilling a task with a weaker fellow human being, when one could do it.</p> <p>If the soul of someone who has already progressed quite far on this path is still unhappy, if there is something that makes it restless despite its already accomplished spiritual work, the cause could be the avoidance of an unpleasant contact with somebody one was meant to help, the avoidance of a soul with whom one could have fulfilled a task and learned from it.</p> <p>You see, the rule is not always the same. Think about this when you are not entirely happy; avoiding a task with a person of lower development may be the cause of your unhappiness. The soul of a highly developed person is very sensitive; a lack of harmony is its way of telling that something is not quite right.</p> <p>However, do <u>not</u> jump to the conclusion that you are necessarily in the position of a higher developed person, just because that idea suits you and you don't want to give up control.</p>
13	<p>The issue is -- and you can best affirm it yourself -- that quite often that which you experience as most difficult or unpleasant is perhaps precisely where something gets bogged down, where something is not properly handled. Thus it takes away from the happiness which could be yours if you gave yourself totally to your path and fulfilled your life.</p> <p>You might think about this topic further. Everyone can learn from it, but</p>

	<p>none of you should force themselves to act in one way or another.</p> <p>Be ready to be guided to the right action, ask for the help, be open. That is all you need to do.</p> <p>If, however, you are not ready to follow guidance, either in this area or in any other, you cannot be helped.</p> <p>People could be helped so very much if only they would open themselves again and again to receiving help. Yet they simply forget to ask for it; and so often they do not even want to think about it. How much happiness, how much bliss they lose this way!</p>
14	<p>The wonderful forces and luminous rays of the spiritual world are ready to embrace you, but you often make it impossible because your own rays move in a different direction. They cannot harmonize with the luminous threads of the greater reality, and so beneficial influence and help cannot reach you.</p>