

Pathwork on
Humility As A Love Language

This quote from Pathwork Lecture 17 *The Call – Daily Review*, suggests that one of our greatest sources of happiness is to give love. The lecture invites us to pray for the capacity to open our hearts to let out the love that is already there and goes on to describe one of the most powerful languages of love as that of humility. The lecture warns, however, that a false humility is as limiting to love as arrogance.

22	<p>Everyone knows that selfishness is wrong. By the same token, everyone knows that to give to one's brothers and sisters is right. It is according to divine law, and it makes one happy.</p> <p>There are many different kinds of giving, however. For many people the easiest way out, if I may say so, is to give financially. It hurts least and it means the smallest sacrifice.</p> <p>Everyone knows, on the other hand, that to give love is the greatest gift of all. And each one of you asks nothing better than to be able to give love.</p> <p>But how many of you find yourselves saying, "If only I knew how! I am unable to love as much as I want to love." If this is how you feel, my dear ones, your soul is sick in some way and it must be cured.</p>
23	<p>You cannot effect this cure alone, but God will help you.</p> <p>If all your inner currents were flowing according to divine law, you would certainly be able to love. Each one of your faults and shortcomings is a direct hindrance to the unfolding of love.</p> <p>When I say unfoldment, I mean that the love you wish to give forth is already within you. You cannot receive it from the outside. It exists within you,</p> <p>but it is covered by obstructing layers that prevent your love from shining through, from manifesting itself. These layers are, as I said, your faults, your fears, and your ignorance of spiritual law.</p> <p>These layers have to disappear, and this can only be accomplished by your very personal and serious endeavors.</p> <p>This is the path to God. This is what it means to follow the call.</p>
24	<p>Each one of your faults is a direct or indirect hindrance to love. You can never learn love through forcing yourself,</p> <p>but love will grow and evolve as an organic consequence of your self-purification.</p> <p>One of the best meditations is to ponder: "What are my faults? And how could any of my faults possibly hinder the manifestation of the love that obviously must be hidden within me?"</p> <p>I challenge each one of you to present me with a personal example, for at first you may think that a number of your faults could have absolutely no bearing on the unfoldment of love, and yet it is so!</p>

25	<p>At the same time, there is a wonderful and direct road to loving, in addition to the indirect one just mentioned. Both should be taken simultaneously to further the growth of love within you. If you can bring yourself to learn to do what I will tell you now, you will gain a powerful weapon to cure yourself of the sick currents within your soul, and you will unfold the love in you.</p>
26	<p>Each living individual has the understandable tendency to want to appear superior to others. You hide your faults, you hide your shortcomings, and you want to show your best side. You all crave admiration, acceptance, and love.</p> <p>You think that showing your best side will bring you love.</p> <p>And yet you all know that if you want to receive love, you have to give it first.</p> <p>Impressing other people, whether you do it consciously or unconsciously, is not giving love.</p> <p>On the other hand, you decidedly give love in the deepest sense when you give and show yourself as you really are, without any masks -- even if it means a little humiliation.</p>
27	<p>Yes, my friends, in this way you offer the greatest gift.</p> <p>Why?</p> <p>Because your fellow creatures feel just as insecure as you do. If they see you as perfect as you want to appear, their sense of inferiority will grow. They will feel, consciously or unconsciously: "He is so perfect -- or she is so perfect -- why can't I be that way?" They will feel even lonelier and more deflated, and they will despise themselves even more. Therefore they will, in their blindness and as their only defense, put an even tighter shell around themselves. This separates them even more from their brothers and sisters.</p> <p>They will do what you are doing by trying so hard to appear independent, hard, and oh, so perfect!</p> <p>Yet if you show yourself as you really are, with all your weaknesses, without any pretense, you make a great and generous gift; your brother or sister will think, "Well, he, or she, is not any better than I am," and this will give him or her a lift. He or she will relax, will feel less lonely.</p> <p>Then do you know what will happen? You will receive in this way exactly what you have set out to gain: love, admiration.</p>
28	<p>You will receive love because you have first given it up. You know the spiritual law: first you have to give up what you want to gain. You have given up admiration, which means you have given up making an impression, wanting love from others because you appear so wonderful;</p>

	<p>instead you have made a gift to others by diminishing their loneliness in their supposed imperfection.</p> <p>All people think they are quite alone with their imperfections, even though they may see and criticize the imperfections of others all the time. This is one of the inconsistencies of the blind and undeveloped self.</p>
29	<p>You have given up your vanity. You have given up some of your ego.</p> <p>And this is why you must receive in this way, and in this way alone, what you have never succeeded in receiving the other way, which your lower self has chosen until now in its blindness.</p> <p>If you give up your ego in this way, you <u>bestow the greatest possible gift on another human being,</u></p> <p>and therefore the law must take effect. It is such a simple way, my dear ones, so simple that none of you would ever think of it.</p> <p>And yet, at first it does not appear easy. It seems difficult to pull yourself down from the high place you consciously or unconsciously have built for yourself. Once you have taken this step in spite of all resistance, you must see divine law working within you and outside of you. The result must come.</p>
30	<p>Wherever there is a problem that you cannot solve, try this. Try it!</p> <p>You do not have to exaggerate; you do not have to go to strangers and pull yourself down. This might even embarrass others.</p> <p>Just take off your masks naturally and unostentatiously. Find out what and who you really are</p> <p>and <u>be that person.</u></p> <p>Here, too, you will receive help, opportunity, and the inspiration as to when and how to do it, once you have decided to ask God for His help. All of a sudden, if you leave yourself open, you will find yourself in a position -- perhaps with some member of your family or with a friend -- to discover for the first time in your life that you have so far put on an act, that you have not given yourself as you really are.</p> <p>Once you become conscious of this, you will be able to act as you really are, my friends, and without any pretense.</p>
31	<p>No sickly exaggerations! No extremes! As in everything else, here too you find two extremes.</p>

	<p>A number of people indulge in self-debasement, pulling themselves down in the eyes of others. They say, I am so bad, I am such a sinner, I am this and I am that.</p> <p>This is as insincere a mask as the other extreme. Such people want to accomplish by these means the very same thing as the other group of people. This is quite a smart maneuver, although it is often unconscious. By accusing yourself, you take the weapon out of the hands of the others. In this situation, they will find it quite impossible to accuse you and will even be inclined to contradict your self-accusations; thus the ego is bolstered.</p> <p>Furthermore, you think that accusing yourself is sufficient and that you do not have to do anything further about overcoming your shortcomings. This attitude exists too and it is just as bad as its opposite.</p>
32	<p>When you think about this question, think of the two extremes. It is important to know your weaknesses, and which extreme you tend to,</p> <p>for only what is truly genuine will have an effect: of that you can be quite sure! This too is a law.</p>