

Pathwork on  
**Self-Will: Where We Need Less AND Where We Need  
More**

In Pathwork circles we so often view “Self Will” solely as an aspect of the Lower Self, an aspect to be transformed; but this quote from Pathwork Lecture 18 *Free Will* talks about needing MORE Self Will – making a distinction, however, between Lower Self driven Will and Higher Self driven Will. It makes helpful distinctions between brain and soul, among higher self, lower self, and mask self both as to the *content* of what we think, choose, and will as well as the *how* of what we do. It distinguishes “Soul Faith” from “intellectual faith.” And finally the lecture notes the importance of coming to know ourselves, our motives, our limitations, and our power. We do this through a life-long process of *spiritual development* and *purification*.

20	<p>This leads me to the subject of <b>will direction</b> and <b>willpower: where to employ willpower and where not.</b></p> <p>Let us start out from the <b>premise</b> that <b>you will wish above all to fulfill the will of God.</b></p> <p>I have already discussed at length how to go about finding out what the will of God may be in any given circumstance. Apart from the willpower to make single decisions or take a certain course in one's life, there are <b>many subtle inner will currents</b> one should <b>become aware of and learn when and how to use.</b></p>
21	<p>It is true, as many people claim, that <b>you can accomplish almost anything by willpower.</b> The <b>inner psychic forces</b>, once utilized, are <b>much more potent</b> than anyone of you realizes at present;  <b>but when, and how, and in what direction</b> it is advisable <b>to use these powers</b> is another question.</p> <p><b>When should you accept God's will and not press against it? When is it right to utilize your dormant powers?</b>  <b>Many people are confused</b> and not aware of the possibilities.</p>
22	<p>Thus the <b>first step</b> is to find out <b>whether this confusion exists in you.</b></p> <p><b>If it does, formulate your thoughts clearly and concisely.</b> Become <b>consciously aware</b> of what you <b>desire.</b></p> <p><b>If there is a question</b> in you whether what you wish is in <b>accordance with the will of God, first</b> go about <b>finding it out</b> in the manner I always prescribe, namely by <b>putting into clear-cut and concise thought-forms anything for which you strive.</b></p> <p>Once this <b>question is settled within</b> you, you will have gained more <b>inner peace.</b> Anyone who has attained something in this life, whatever it may be, has done this.</p>

	<p><b>People who do not put God above all else may accomplish things that do not correspond to his will. <u>But</u> you have forever the opportunity to find out God's will out from the start.</b></p>
23	<p>Whether your <b>desires</b> pertain</p> <ul style="list-style-type: none"> <li>• to <b>earthly things</b> which do <b>not deviate from divine law</b> <u>or</u></li> <li>• to your <b>spiritual progress</b> and <b>self-purification</b>, you could <b>use willpower more often</b> or <b>with greater strength</b>.</li> </ul> <p>A number of my friends who desire to follow this path in a general sense <b>have not yet used this inner power</b> when encountering the many particular details of the journey.</p> <p>There are certainly</p> <ul style="list-style-type: none"> <li>• <b>many difficulties to overcome in your own personality</b>,</li> <li>• <b>many faults</b> to become <b>aware</b> of and <b>cast off</b>, and</li> <li>• <b>many things to learn</b>.</li> </ul> <p style="padding-left: 40px;">All this could be <b>accomplished more easily</b> <b>if</b> you would <b>use the proper power</b> in the <b>proper way</b>.</p>
24	<p>You can <b>want and will both</b></p> <ul style="list-style-type: none"> <li>• out of your <b>intellect</b> and</li> <li>• out of your <b>soul</b>.</li> </ul> <p>The <b>intellectual willpower</b> may be a strong one, but it <b>will never have the strong effect of the soul's willpower</b>.</p> <p>You can use your willpower <b>in two very distinct ways</b>.</p> <ul style="list-style-type: none"> <li>• <b>One</b> creates a <b>pressure</b> and <b>tension</b> that will <b>rob you of your peace</b>; it <b>leads you away</b> from the state of detachment so necessary for attaining <b>spiritual and emotional maturity</b>.</li> <li>• <b>The other</b> <ul style="list-style-type: none"> <li>• <b>flows freely, strongly, and vitally</b> and</li> <li>• will <b>never hamper</b> your <b>serenity</b>;</li> <li>• it <b>works deep inside</b> and <b>yet quite consciously</b>;</li> <li>• it <b>wills strongly</b> and <b>yet patiently</b>;</li> <li>• it <b>leaves you free and detached</b>, yet <b>never passive</b> and <b>resigned</b>.</li> </ul> </li> </ul> <p>One will-stream comes out of your <b>higher self</b>, the other out of your <b>lower self</b>.</p> <p><b>If you will something</b> that is <b>against divine law</b> and <b>divine will</b>, it will <b>never give you peace</b>.</p> <p>However, it is also <b>possible</b> for you to <b>will something that is utterly right for you</b>, but to do so in the <b>wrong way</b>, thereby <b>mingling in wrong currents</b> or <b>wrong motives</b>.</p>

25	<p>Let us assume, for instance, that in <b>your profession you want to do your best</b>. This is certainly a <b>legitimate wish</b>.</p> <p>To be <b>without desire</b> in this respect would be wrong because <b>your spark and your vitality would be missing</b>. There is a <b>danger in being too desireless and detached</b>, for you might then <b>move slowly and unnoticeably</b></p> <ul style="list-style-type: none"> <li>• first into a state of <b>resignation</b> and</li> <li>• then into a state of <b>not caring</b> or</li> <li>• <b>not being fully alive</b>.</li> </ul> <p>Here, as in everything else, the <b>right middle path</b> is so difficult to attain and to maintain.</p>
26	<p>The <b>right middle path</b> between extremes can be found and adhered to if you <b>meditate daily</b> and <b>test your inner motives in complete honesty</b>.</p> <ul style="list-style-type: none"> <li>• Do you wish to do your best because you <b>desire gratification for your vanity</b>?</li> <li>• Is your desire to do your best <b>diluted by selfish and vain reasons</b>?</li> </ul> <p>Once you have given yourself the answer to these questions, you can <b>begin to redirect your motivation</b> in consciousness and the <b>inner willpower can flow freely</b>. Once your <b>motives are clean</b>, you will <b>not have any unconscious or subconscious pangs</b> which <i>hamper</i> the free flow of your willpower.</p> <p>The <b>higher your development</b>, the <b>stronger your subconscious handicaps your willpower if your desire is not clean and right</b>.</p> <p>So, here again, the <b>first step</b> is to <b>make conscious</b> what has so far been unconscious within you. In that way you can <b>examine</b></p> <ul style="list-style-type: none"> <li>• <b>where to let go and relinquish your willpower</b>, and</li> <li>• <b>where you can and should use much more of it than you have done in the past</b>.</li> </ul> <p>When you encounter the <b>strong pressing of your ego</b>, you should <b>learn detachment from it</b>. By <b>viewing again and again the drive of your ego</b> you can <b>gradually learn to let go of it</b>.</p> <p>Once you have <b>separated these two trends</b> in yourself –</p> <ul style="list-style-type: none"> <li>• the <b>selfish or vain</b> one from</li> <li>• the one that wishes to <b>serve others in your profession</b>, whatever it may be –</li> </ul> <p>you can <b>develop the willpower in the right direction</b>,</p> <ul style="list-style-type: none"> <li>• for then you are <b>cleansed of</b></li> <li>• all <b>masks</b> and</li> <li>• <b>wrong motives</b>.</li> </ul>

27	<p>You can <b>train your willpower to flow</b></p> <ul style="list-style-type: none"> <li>• <b>out of your solar plexus</b></li> <li>• and <b>not</b> out of your <b>brain</b>.</li> </ul> <p>There is a very subtle and important difference in this. I know that as long as you have not experienced this difference to some degree, my words will be merely words for you, perhaps even meaningless words. However, <b>you can experience the difference if you keep trying</b>, and <b>once you have experienced it</b>, you will <b>know</b> and <b>understand</b> very well</p> <ul style="list-style-type: none"> <li>• what is willing from the <b>brain</b> and</li> <li>• what is willing from your <b>soul</b>.</li> </ul> <p>The <b>two trends often mix</b>; the <b>clean trend is diluted and spoiled</b> by the <b>unclean one</b>.</p> <p>A <b>confusion of the soul arises</b> because</p> <ul style="list-style-type: none"> <li>• <b>you are not entirely clear</b> which is which, or</li> <li>• do <b>not even know</b> that these <b>two</b> very distinct and different trends <b>exist in you</b>.</li> </ul> <p><b>Separate them.</b></p> <p>After making this separation,</p> <ul style="list-style-type: none"> <li>• <b>let go of the ego-will that acts against divine law.</b> It can only bring you disharmony.</li> <li>• <b>Revive the vital spark</b> and</li> <li>• <b>revive the willpower <i>deep within your soul</i></b>,</li> </ul> <p>so that the <b>clean will</b> that <b>does not put your ego in the center of the world can take over</b>.</p>
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31	<p>QUESTION: What do you mean by <b>solar plexus</b> as opposed to the <b>brain</b>?</p> <p>ANSWER: A <b>wish</b> can come</p> <ul style="list-style-type: none"> <li>• from the <b>intellect</b> or the <b>brain</b>, or</li> <li>• from what is sometimes referred to as the <b>soul</b>.</li> </ul> <p>In the region of the <b>solar plexus</b>, in <b>radiant matter</b> not visible with your human eye, is the <b>spiritual magnetic field</b>, where not only</p> <ul style="list-style-type: none"> <li>• all <b>emotions</b> exist, but where</li> <li>• all factors pertaining to the <b>entire cycle of existence</b> of an individual are marked and <b>deeply inscribed</b>.</li> <li>• The significance of <b>previous lives</b>,</li> <li>• <b>merits</b>, and</li> <li>• so-called <b>sins</b> are <b>contained in this field</b>, as well as</li> </ul>
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	<ul style="list-style-type: none"> <li>• the <b>whole book of life.</b></li> <li>• <b>Feelings,</b></li> <li>• <b>wishes,</b> or</li> <li>• <b>thoughts</b> evolve not only from the brain region, but also from this part.</li> </ul> <p><b>Many people have not experienced this yet.</b> When they want something, or when they think or form ideas, they <b>believe it happens in the brain.</b></p> <p>But once a certain stage of <b>spiritual development</b> is attained, you will <i>feel</i> that you can <b>wish</b> and even <b>think</b> in the region of your <b>spiritual field.</b></p> <p>When thoughts come from there, they have a <b>very different quality and character</b> from <b>thoughts</b> coming from the <b>brain.</b></p>
32	<p>The same applies to <b>willpower.</b> <b>Will</b> coming from the <b>brain</b> region will lead to <b>tension,</b></p> <ul style="list-style-type: none"> <li>• unless it is <b>substantiated by will</b> coming from the <b>spiritual</b> or <b>magnetic field.</b></li> <li>• Of course, even a <b>right idea</b> can take root <b>first</b> in the <b>brain, but</b> as long as it remains in that region alone, it will <b>never have the power to penetrate all of the human personality.</b></li> </ul> <p><b>Wishing</b> or <b>thinking</b> from the <b>spiritual field</b> involves a person's <b>higher self</b> or <b>divine spark.</b></p> <p>Whoever has <b>experienced this will confirm it.</b> Whoever has</p> <ul style="list-style-type: none"> <li>• a <b>thought,</b></li> <li>• an <b>idea,</b> or</li> <li>• a <b>wish</b></li> </ul> <p>evolving from the spiritual field will be <b>completely filled</b> with</p> <ul style="list-style-type: none"> <li>• <b>happiness</b> and</li> <li>• <b>certainty.</b></li> </ul> <p>That person will <b>know</b> beyond the shadow of a doubt that <b>the thought is true</b> and that <b>truth is living within the soul</b> at this moment.</p>
33	<p><b>Faith</b> can <b>never come from the brain.</b></p> <ul style="list-style-type: none"> <li>• If it is merely a question of <b>intellectual conviction,</b> it is <b>weak faith.</b></li> </ul> <p>But <b>faith coming from the spiritual field</b> and the <b>divine spark</b> is the</p> <ul style="list-style-type: none"> <li>• <b>conviction</b> and</li> <li>• <b>experience</b> of</li> </ul> <p style="text-align: center;"><b><u>truth.</u></b></p> <p>Therefore, people who have no faith are wrong when they think that having faith in something is a matter of personal preference.</p> <p><b>Faith</b> in its true meaning is <b>always a certainty that has been personally experienced,</b></p> <p>although the <b>experience cannot be conveyed to others who have not yet had this experience.</b></p>

