

Pathwork on
Jumping Into the Abyss Of Life

This quote from Pathwork Lecture 60 *The Abyss of Illusion – Freedom And Self-Responsibility*, speaks to our **holding onto the life that we know** and have worked so hard to construct, fearing the life we do not know and against which our **ego has been defending** us our entire life. This lecture says we have to **jump in** – and only by this act of surrender do we discover the illusory nature of the abyss that our ego has constructed to keep us “safe.” Actually **we are truly safe only when we come to trust the Life Stream** and surrender to it. That is, we are safe only after we **jump** and **discover by experience** that there is **no abyss**, but rather that **we float beautifully in the stream of Life!**

09	<p>Now I should like to discuss one common soul form which, to some degree, exists in every human being. I will call this the "abyss of illusion." There is an abyss in each one of you. This abyss is utterly unreal, and yet it seems very real as long as you have not taken the necessary steps to discover its illusory character.</p>
10	<p>A) When you cannot let go of your self-will, which may not necessarily mean that you want something bad or harmful, or B) when you cannot accept the imperfection of this world, which means that you cannot have life and people be according to your very own way, even though yours may be the right way, it seems to you that you have fallen into an abyss.</p> <p>You may never have translated these feelings into such terms. But, if you analyze your feelings, you will see that this is so. There is a strong fear in you that whatever happens contrary to your will means danger. Needless to say, this does not apply to every situation, to your entire personality, or to every area of your life.</p>
11	<p>By working in this direction and examining your emotional reactions to certain incidents, you will become aware of the abyss of illusion in you. I ask you not to take my word for it. Experience the truth of it!</p>
12	<p>This abyss varies in depth and in width. Only by becoming aware of its existence and gradually discovering its unreality will this form dissolve, little by little. This can happen only if, at one time or another, you give yourself up to it.</p> <p>In other words, A) what seems so hard to yield to, B) what seems like a personal threat, is really no threat at all.</p>

	<p>If someone else does not accept you, or acts contrary to your expectation, this in itself is not a threat. Neither is it a disaster if you have to accept your own inadequacy.</p> <p>Yet you cannot find out that this is so unless you go right through the experience.</p> <p>A) Only after accepting your own or the other's inadequacy in the areas where heretofore you could hardly do so, B) only after giving up your own will where you hung onto it as though your life were at stake, will you be able to truly convince yourself that nothing adverse happens to you.</p> <p>As long as this abyss exists in your soul, it seems to you that you are gravely endangered if you yield or let go. You seem to fall down into the abyss.</p> <p>The abyss can only disappear if you let yourself drop into it.</p> <p>Then and then only will you learn that you do not crash and perish, but that <u>you float beautifully.</u></p> <p>You will then see that what made you tense with fear and anxiety was as illusory as this abyss.</p>
13	<p>So I repeat:</p> <p>the abyss cannot disappear by itself.</p> <p>It can only vanish from your soul and your life once you have made the plunge into it.</p> <p>The first time it may call for great effort on your part, but each time you try it anew it will be easier.</p>