

Pathwork on
Welcoming the Blues

This quote from Pathwork Lecture 61 *Questions and Answers*, addresses a participant's question regarding facing the ups and downs of life. The lecture encourages the reader to welcome the down periods in our lives as being our teachers regarding self-facing – seeing our concepts, images, attitudes, conclusions about life – all of which give rise to our blues and seemingly “bad” days. The lecture points out that we are not as likely to see our wrong conclusions and images when days are seen as “good.” Hence our seemingly down days are rich days for personal growth – and as such become beautiful days in the larger non-dual unitive consciousness of life.

25	QUESTION: I was wondering whether it is according to spiritual law that a human being who tries very hard to develop spiritually is subject to ebbs and flows. There are times when the work goes much better, and then it seems like standing still. Is it natural to have to go through these phases?
26	ANSWER: This applies to everyone. It cannot be said that this fluctuation is according to law in the sense you seem to mean. It is not given by the Spirit World, it is a result of the soul condition.
27	QUESTION: Then I would not have to worry about it? ANSWER: It is not a question of worry. One should not worry about anything. One should understand the reason. The reason is that at certain times the negative aspects are stronger. At other times they recede and the positive aspects come to the fore. Understanding this very simple and important fact enables you to summon the strength not to succumb to the negative periods but to make the best of them. That is the ideal time to find the wrong conclusions, and reactions, to analyze them, to make them conscious, and not to wait until the good times come. Because in the so-called good times or favorable times, when the negative aspects fade into the background, you are much less aware of emotions indicating wrong conclusions. Therefore you have less of a chance to bring them out into the light. The proper attitude would be when the "low tide" comes to make the best of it. Without compulsion and haste, without pressure, simply observe your emotions and see what they mean. Translate them from vague feelings into concrete language. Then you do the most productive thing. It is not a question of worrying about whether or not such fluctuation is exceptional. All human beings have inner problems and imperfections, images and wrong concepts. They manifest at times very strongly. Those who are ignorant of this will simply have to go through such periods without getting maximum benefit out of them, while you, my friends, can really make such times a major contribution for inner growth and liberation, by following through what I constantly advise in this respect.

28

QUESTION: But when you feel low, how can you put together your reactions?

ANSWER: Speak out your most irrational and seemingly senseless feelings. Pronounce what you feel, why you feel low, what you want, why you would desire such and such. Let out whatever comes to mind, without censorship. That will make you aware of what the inner person, your psyche, thinks, wants and feels. This is often contrary to your outer personality and conscious awareness. And this is important. You do not need a particular strength for this. All you need is to focus your attention to what is in you, view it, and put it into words. It takes simply a little training. In the so-called image sessions it could be easily done. As many of my friends have already experienced, the negative occasions will prove to be the most productive.