

Pathwork on
Living In Balance

This quote from Pathwork Lecture 63 *Questions and Answers*, encourages a balanced life – balanced among our duties, livelihood and responsibilities AND our spiritual unfoldment AND pleasure and relaxation. As we mature we are not to be workaholics or compulsive spiritual junkies or over-involved churchgoers. We are not to make our spiritual work a set of practices that follow rules and regulations isolated from our daily living.

39	<p>QUESTION: Will you explain the meaning of keeping the Sabbath holy in the face of our present-day obligations?</p> <p>ANSWER: This statement has many meanings on many levels. When it was said originally, the outer level had a very different meaning than it could possibly have today. At the time this statement was made, people were generally much cruder in their development. If not made aware of the existence of God to whom thought and feeling should be devoted, at least to some degree, their lower nature would have taken more control over them than happened anyway. Any outer law is a must and therefore not real spirituality. But outer law is a necessity for those whose instincts are still crude.</p>
40	<p>On a deeper level, this commandment means a balance of one's activities. Part of one's life must be devoted to one's duties, one's livelihood and responsibilities, whatever they may be. Part of one's life should be devoted to spiritual unfoldment. And part of it to pleasure and relaxation. In other words, your life should be harmonious also in the attempt to distribute your activities evenly, not to become one-sided. This is healthy for body and soul.</p>
41	<p>Today, this law cannot have the same meaning. "I must keep the Sabbath" would be a compulsion. It would be an unfree act and nothing would be accomplished. You should all be able to manage your lives in the most reasonable way from this point of view. You are now capable of using your judgment and common sense to find the proper balance between work, spiritual unfoldment, rest and pleasure. You should all be able to arrange this balance individually and not stick to rules and regulations -- no rigidity in any direction, but free choice used wisely. One can overwork and yet keep the Sabbath. One may not keep the Sabbath in the inner sense and fall short on one's obligations. God is not to be thought of only on one particular day. Nothing must be a "must," least of all God.</p>