

Pathwork on
Mind and Physical/Spiritual/Psychological Health

This quote from Pathwork Lecture 70 *Questions and Answers*, speaks to the powerful effect our mind with its wrong beliefs and distortions has on our physical health. There can be unconscious death wishes that lead to the body's deterioration. And positive attitudes toward life can reverse this deterioration. Psychological work brings happiness, but distorted God-Images can result in religion not bringing happiness to the individual. This, too, has to be worked on, finding the true God within. For true happiness is the nature of the Cosmos.

39	QUESTION: Would you discuss, please, the effect of our mind -- that is, our images, wrong conclusions, deviations, and so forth -- on our physical bodies, its processes, developments, its degeneration through disease and aging, and how we may relate the work on the path to preserve and further the health of our bodies. Would you tie in the spiritual with this, too?
40	ANSWER: This is really quite simple. Your wrong conclusions, misconceptions, distortions, create an inner world of illusion. They create fears and tensions. This is bound to weaken you first in your emotions, then, when a wrong condition persists long and strong enough, eventually also in your body. Inner errors cause you to fear life, therefore, often unconsciously, to wish for death in various degrees. The unconscious desire for sickness is a degree of death. The weakness, resulting from tension and fear, indirectly creates a weakening of the physical body, and directly an unconscious desire for sickness and death.
41	As the emotions heal, they integrate with the thinking process, instead of being two separate facets. This is strength-giving, provided the two coordinate in truth. Thus, the personality lives in a fearless world. The illusions, being untrue, in the last analysis always create fear and withdrawal from life. When the illusions are gone, the will to live, to be healthy, becomes stronger and stronger, since they are not undermined by the unconscious opposite desires.
42	As to the second half of your question, there is really no separating line between the spiritual and the psychological nature of the human being. They are separated only in degree. It is an illusion that these two facets of the personality differ from one another. I will tell you why you are thus deluded. According to the distorted God-image, people feel that God requires them to be unhappy, to forfeit pleasure and joy, to do something against their innermost self. That is so often at the root of people's resistance to religion. Psychology, on the other hand, teaches the opposite. When psychological understanding is properly applied and assimilated, you will become a happier person, but certainly not because you become a more selfish person. Many religious practices, however, will not make you happier. That is why you think there is such a difference between the two.

43	<p>In reality -- I have said it so often, and I will say it again -- divine truth is that you can only be spiritual and find God within yourself if you are happy. But happiness at the expense of selfishness is not the solution. Your aim is to become unselfish out of the conviction that this is what your real self wants and not because you should, that it is expected of you. True happiness, therefore, can only come about by solving your inner conflicts.</p>