

Pathwork on
Shyness About Our Spirituality

This quote from Pathwork Lecture 70 *Questions and Answers*, speaks to shyness when relating to our spirituality. The context is being too shy to ask spiritual questions, and embarrassment over not being “deep” enough or over admitting problems rather than seeing the endearing nature of one’s innocence in asking basic questions about where one really is in one’s spiritual journey.

47	QUESTION: When there are so many things we all want to ask, why is it such an agony to ask questions?
48	ANSWER: This question may seem funny to you, my friends, and yet, it touches a very basic problem which I have mentioned so often that to do so again might bore you. You see, it has to do with the human reluctance and fear to reveal the best in oneself. You are worried that others may smile about you, find you inadequate. Or, perhaps, your question may reveal a basic earnestness, a touching humility, a desire toward the best in life and in yourself. Or, it may reveal a problem, thereby revealing one as a troubled, searching human being, vulnerable and confused as all human beings are. Actually, this is endearing, but people, in their distortion, are ashamed as much of these endearing and touching struggles in themselves as they are ashamed of their faults -- and often even more so. Just as you are ashamed to show love or devotion, you feel more secure to be -- or at least to appear -- superior, invulnerable.
49	Many of my friends have overcome and many others may manifest this universal human reaction in different ways. But those of you who still feel this shyness, question yourselves seriously and as honestly as you know how. If such emotions simmer on the surface, try to translate them into meaning, and you will see that, more or less, they are what I say.