

Pathwork on
Being the Best We Can Be, Being Our Real Self

This quote from Pathwork Lecture 77 *Self-Confidence: Its True Origin and What Prohibits It*, describes how we can be the best we can be by living as our true selves. This requires us to do our personal work to remove blocks. It involves coming to experience our real feelings. I find these words at once challenging and inspiring, and encourage one to read the entire lecture.

04	<p>The subject tonight will be self-confidence. What is self-confidence? When your real being, your real self, your intuitive nature manifests, there is no uncertainty in you, no doubt about your right reaction or action, and no wavering. Your instant and spontaneous reaction is of such a nature that you know deep down, "This is right, this is so." That has happened to all of you, at least occasionally. Under certain circumstances your real being could express and manifest, unhampered by the disturbing layers that usually cover your real self. Whatever the occasion, you lived up to it. You coped with it in the only way possible, and you knew without a shadow of doubt that this was so.</p>
05	<p>The truly healthy and mature human being nearly always reacts this way, and when this occurs, genuine self-confidence is automatically established. For it is only when your intuitive nature guides you that you can trust yourself. From this part of your being you have nothing to fear from the overlayers of error, illusion and compulsion you have. They can only lead you into further illusion and error, and therefore into unrest.</p>
06	<p>The ultimate aim of this work of self-search is to free you from the superimposed layers so that your real self can take the reins and govern your life. Thus it is easy to see that your conflicts, images, misconceptions and inner problems prohibit your real self from manifesting. At this point we have to understand the basic cause of the problems.</p>
29	<p>How can you have self-confidence if the only thing that can truly give it to you -- your real self, your real feelings -- is not allowed to function, and if instead you use substitutes that leave you in a state of inner frenzy? Those who are outwardly calm and well balanced are not necessarily free of this aspect. In fact, it may only be more hidden, and perhaps even more damaging. But I venture to say that the frenzy exists in each person unless it has been found and dissolved in your work. Unless you become aware of it, feeling it almost like a separate element in you, you cannot relinquish it.</p>
30	<p>Once you reach that state, you will experience feelings which are almost impossible to convey in words. The relief of a burden you have unnecessarily carried will be so tremendous that your joy and liberation will be a strongly felt</p>

	<p>reality. What you have so far experienced only on isolated occasions, the manifestation of your intuitive nature, will become more and more a constant reaction. You will have the deep inner knowledge -- not in your brain but in your solar plexus -- that your reaction, or your knowledge, or your decision is right, feeling neither guilt nor pride nor doubt. You will spontaneously be the best you can be: poised and unrepessed. You will say the right thing at the right time and know when not to speak. You will be relaxed and concentrated at the same time, fully aware and alive to the moment and its requirements. You will know that nothing that should be yours could fail to come to you. You will not need to be in a frenzy about it, worrying whether or not you do too much or too little. You will do what is necessary and eliminate that which is unnecessary, without fear and worry.</p>
31	<p>This serenity sounds like an ideal impossible to attain on earth, and I do not say that you will reach it overnight. But gradually and surely you will increase it, having unavoidable setbacks less and less frequently. Eventually it will become your real nature, as it truly is, once you dissolve the fearful and tense inner clamoring, "I want, I must." When the tension is relaxed, you float, you do not fear, you have no doubt, and you recognize clearly what an illusion your struggle has been. You will no longer need it. You will shed it like an old, dirty, heavy cloak you have no use for. Your potential will become reality. You will be poised within yourself and in life. You will not need to exaggerate. You will not believe that you must have everything or you have nothing. You will find happiness, but will know that not everything need go according to your wishes. You will not believe people are "good" or "bad," neither depending on them too much nor distrusting them and standing alone in a seemingly hostile world. You will judge in reality, seeing what is valuable and trustworthy, but not "needing" it. And you will also see the weaknesses of people, without being personally threatened, and without generalizing this human aspect. Right now you are doing all of this constantly, no matter how much it is camouflaged.</p>
32	<p>Your right, spontaneous, uninhibited expression depends solely on whether or not, or to what degree, you become aware and then let go of the forcing current, "I want." This work is a path within the path. Once you have the distinct awareness and feel the current, visualizing it as a foreign substance, you are on the halfway mark of this aspect of your development. Then the next step will not be quite so difficult.</p>