

Pathwork on
Facing Big Life Changes

This quote from Pathwork Lecture 78 *Question and Answers* is from a section of this lecture that puts a positive rather than retribution perspective on the familiar “Eye for an Eye” statement in the Old Testament. This quote relates to the foot and hand (foot for a foot, hand for a hand). The entire section of this lecture is fascinating. Here the foot symbolizes the points of facing major changes in our Soul’s journey.

24	<p>"Foot": "What is a foot?" [Moving. Standing on. Progress.] Again, activity, but of a different kind. Let us examine the difference in activity between hand and foot. The hand's activity is of a nature that may take place without causing a change of position of the person himself. People can produce, manufacture and do things with their hands while they remain in place. This symbolizes a certain kind of inner action. Such actions may be significant and important, but only cumulatively so. If a whole series of such actions is added up, they point to an inherent pattern; they show an underlying principle and concept of life. In different words, the actions of the hand symbolize your everyday activities and reactions -- the outer and the inner -- the many little, in themselves seemingly unimportant events, and your attitude to them.</p>
25	<p>The activity of the feet, however, symbolizes movement of the entire person -- or lack of it if you stand still. This can be positive in the sense of taking a firm stand, of not running away. Or it can be negative in the sense of a standstill, or stagnation. The feet involve the entire body -- or person. In psychological terms, applied to your life, the movement of your feet symbolizes major changes, decisions, attitudes. All life is differentiated between these two kinds of actions: the actions that are of minor importance if they are not a repeated pattern -- passing, fleeting ones, those that do not necessarily involve your innermost being, unless, of course, they are, as said before, a repeated pattern. It is the action that does not necessarily affect the inner being. The outer being, perhaps. But this is not to be taken to mean that such actions do not produce effects that come back to you. The major actions -- feet -- symbolize decisive change, great decisions, self-propelling movement -- or the lack of it. These actions determine your spiritual "stand," your basic attitude toward all major issues of life. I need hardly emphasize again that one's conscious attitude is not necessarily the real inner and unconscious one. It determines whether or not you choose the way upward with all that this calls for in order to pursue it, willing to pay the price by overcoming a special resistance. Such overcoming necessitates more movement or action than just the minor ones of your hands that allow you to "remain in place," so to speak.</p>
26	<p>Needless to say that such major activity has an even greater effect on yourself and others around you than the minor actions and reactions. The major activity establishes your place in life, your major events. With it you build your fate, and with it you determine the minor actions and reactions.</p>