

Pathwork on
**Living Courageously and Honestly In the Tempest and
 Suffering of Life**

This quote from Pathwork Lecture 82 *The Conquest of Duality Symbolized in the Life and Death of Jesus*, emphasizes that our life's focus needs to be on the **Journey of Life rather than the destination. We are invited to swim in the waves of the storm, fully experiencing the raging tempest of suffering and confusion** that life sometimes gives us. We are told that we are to **wrestle with courage and honesty** in our state of being **merely and utterly human**, entering and swimming in the waves of both the highs of bliss as well as swimming and nearly drowning in the lows of pain, fear, and suffering. Through this honesty and courage we develop, evolve, and grow. We shall not grow if we ride in a state of pseudo-serenity above the storms and suffering that life sometimes offers us. This quote reminds us that only in **experiencing the tempests** can we **experience fulfillment and pleasure**, and thus conquer our state of Dualistic (100/100) consciousness and enter a Non-Dual (50/50) state of consciousness, **one facet of our life at a time**.

05	A spiritual teaching, often misunderstood, says that one must rise above pleasure and pain. This is of course true in the ultimate sense. However, it cannot come about by flight from the unpleasantness of the duality. Instead, the transcendence of pleasure and pain happens only by accepting and fully facing the duality: life <u>and</u> death. Those who misunderstand the meaning of rising above pleasure and pain do so because they wish to avoid rather than go through those deep experiences.
06	However, it is only when you accept death in its undisguised nakedness without running from it that you can truly live; only then will you find that there is no death and no duality. You will accept this, not as a consoling faith to which you cling out of weakness and fear, but as actual experience. And you can experience this only in the infinitely great and ultimate issues when you learn to experience it first in your daily little "deaths." When your will is not done and you cringe from suffering in the wrong, unhealthy way, you increase the tragic duality. You reject death and, therefore, in the ultimate sense, you reject life.
07	The flight from death and suffering causes flight from life and pleasure, often inadvertently. No matter how much one may strive for joyful participation in life and pleasure, when one consciously or unconsciously avoids facing and meeting death and suffering, the escape will also be a flight from life and pleasure. The truth is that these two escapes always go hand in hand, and this naturally has a very damaging effect on the soul.
08	Jesus' saying, "Become ye as little children" has meanings on many levels. One is that children live and experience very acutely. All their senses and faculties are new and fresh, and every life experience, on any level of their being, is much more acute than the impressions, reactions, and experiences of the adult. This is good, for the soul who goes through life rejecting the experience of life

	<p>with all its meanings, deadens its faculties for living. It is much better for the development and growth of an entity to go through many heights and depths than to falsely construct a serenity that is rarely a true detachment. Detachment is achieved only after one has accepted all that life has to offer, including death. Some people believe they have risen to genuine acceptance, when in reality they simply reject pain and suffering, and therefore also pleasure and joy. Such persons will find at some juncture in their evolution, be it in this life or later, that they have to come back to the point at which they fled from their soul-experience, so that the experience they have avoided can be learned by fully going through it.</p>
09	<p>Only those who have gone through the feared experience will arrive at true serenity. The soul whose serenity is not real, or is artificially cultivated, is much less developed than those who are courageous enough not to flee from the life experience. But it often happens that the former believes to be above the latter, whom he or she despises for their ups and downs. These ups and downs indeed indicate that those people are still deeply involved in the illusion of opposites and duality; nevertheless, they meet the illusion and grapple with it, which is honest and growth-producing.</p>
10	<p>Courage and honesty are perhaps the most important assets in one's development. If you face your suffering and your joy, you will grow. The person who cringes away from suffering -- denying, never facing it, and irrationally fearing it beyond its true proportions -- is inevitably equally afraid of happiness and fulfillment.</p>