

Pathwork on
Considering the Possibility of the Positive

This quote from Pathwork Lecture 131 *Interaction Between Expression and Impression*, speaks to our fear of even considering the possibility of positivity in our life. It purports that there is positivity all around us, and, more importantly, within us, but in our fear and doubt we find it easier to wallow in negativity rather than to try surrendering to the Divine within, just to see if, possibly, the Divine within actually does exist.

31	<p style="text-align: center;">...</p> <p>QUESTION: Would you say that the act of emptying is the surrender of the outer self saying, "I am in confusion, I ask to know from my supreme will and supreme intelligence what the truth is in this? And that impressing is uniting, identifying with this inner intelligence, this true, higher self, in acting with the force purely as it comes from the source -- without distortion, without imaging, without limiting? Is that the way it goes?</p>
32	<p>ANSWER: That is quite right. In fact, what I just said is exactly that. You must be divided within yourself as long as you are in this false struggle, based on nonsensical premises -- and I deliberately use such a strong term. You will recognize that every one of your images, if examined from this point of view, has a nonsensical premise. This false struggle not only concerns motivations -- energy currents going in conflicting directions -- but also separates you from the highest self. Wisdom, intelligence, strength, happiness, love, abundance -- everything good that exists in the universe is in you. You cannot reach this source, which is so near, unless you realize the false struggle and understand it. This can happen only when you turn inward and allow yourself to listen to your soul movements. Unless you request this source to manifest, you will remain ignorant of it. Your outer, volitional intelligence must call this deep inner intelligence into play. Integration will occur. Outer and inner intelligence will unify after all material is absorbed that keep the two separated. That is the aim. So long as people harbor false ideas, the original oneness is split. On either side, as it were, one set of intelligence exists. The two can meld when the outer, conscious one deliberately reaches toward the inner, still hidden one, removing those false elements which have created the split in the first place. Only through such a path as I show you can this goal be accomplished.</p>
33	<p>I should like to take a common situation to demonstrate this point. Let us assume you are tired, depressed and hopeless, at the point of giving up your efforts because your struggle does not bring relief. You do not wish to do so, but you just cannot see the way in which to search. This stagnation is a result of your energies being geared to the unconscious false struggle. Now what to do? Give up struggling on a conscious level to force yourself to adopt truths your psyche is, as yet, unable to absorb. The simple realization that the highest of all wisdoms must exist in you -- even if at the moment you do not feel it and perhaps even doubt its existence -- will open the way. Honestly acknowledge your doubt,</p>

	<p>but also allow for the possibility that the wisdom does exist in you. Even when in doubt, it is possible to request guidance from within and truly be open to it. What usually happens, my friends, is that when you examine yourself in such a situation you do not even get to the point of reaching for the higher source of wisdom within yourself. It does not occur to you, although you have discussed it many times and know of its theoretical existence. Why not? If you look deeper inside, you will find that at such moments you do not want to believe that this highest source of intelligence and beauty exists in you. For some strange reason, you fight against admitting it. As long as there is something in you not wanting to accept this possibility, and as long as you are unaware of it, you cannot give up the false struggle.</p>
34	<p>You must ascertain the tiny little voice which says no to the possibility of its own higher consciousness. This negative voice is frightened even of the marvelous truth that you carry all you need and can possibly wish for within yourself.</p>
35	<p>My friends, I do not mean that you can get to such realizations without help. Of course not. In order to find this perfect source, help is necessary. Since a healthy balance between expressing and impressing does not mean one versus the other, so a healthy balance between accepting help and accepting self-responsibility does not mean one versus the other. The two are not mutually exclusive, but interact in harmonious interplay. In both instances, to the degree you learn the harmonious interplay, your innermost self becomes your outer self. There is no longer separation or conflict between the two. The superimposed intellect, the outer intelligence, is filled with, motivated and moved by the inner source of all, the original source of all -- which is in you. This must never, never be forgotten. It exists in you right now and is immediately accessible. To the degree that you know it, to that degree can it manifest.</p>
36	<p>QUESTION: What you have just expressed perfectly fits the stage where I am at present, the stage with which we are concerned in my private work. I have a feeling that I have a fear of self-responsibility. Is that true?</p>
37	<p>ANSWER: Yes, indeed. This fits the phase many of my friends are in now. In your case, as you very correctly surmise, there is a great fear of self-responsibility. The fear is, of course, completely unjustified. It may help you if I show the following: Because you are afraid of self-responsibility, you are constantly dependent on circumstances outside your control. Therefore you feel helpless. You feel like a straw in the wind, having no power over life and circumstances. That much you know. But in order to understand this a little better, it is important to feel a resonance to what I said this evening. You are so afraid to acknowledge the highest source of all, the key to all beauty, because you feel this would somehow mean to be wrongly proud. You fear that the mere consideration of such a possibility would infer overestimation of yourself, giving yourself airs that you do not deserve. The possibility that you can harbor such powers within might mean gross overvaluation. This you fear. In order to be a</p>

	<p>good, obedient child, you negate this possibility. You are afraid of the pride for which you may be punished, as well as the disappointment. You do not take a chance of being disappointed and, therefore, you cannot find the truth of it. Does that ring a bell? [Yes. It helps me.]</p>
38	<p>Perhaps you can now approach this problem with a new understanding. Ask yourself: "Am I willing to take a chance? I cannot be worse off than I am now. I do not need unjustified hope. Even if my doubts -- that I do not have these powers and this source within me -- should be justified, it is better to know and go on from there, than constantly to keep this possibility dangling as a theory I do not ever dare explore." In other words, commit yourself honestly to the problem of your doubting. As long as you doubt and do not give the positive side a chance, you do not honestly commit yourself to the problem. How can a problem be resolved, or dissolved, if one does not give it every chance through a full commitment to it? The full, honest commitment is in testing it again and again. Such fair testing cannot be terminated the day after tomorrow because too many misconceptions and false fears clog up the channel. Giving a full chance means deliberately reaching inside to contact the source for the immediate purpose of this Pathwork, of self-realization, of creative living. Honest testing means an attitude of "I give the possibility every chance." It does not say no to it before such a chance is extended, in the false assumption that disappointment will then hurt less. Apart from the fact that this is not so, disappointment is unavoidable when you deny before openheartedly trying.</p>
39	<p>You, and so many people, are constantly in negativity because they do not dare to find out, once and for all, "Is it positive or negative? Is it true or not true?" They negate before they find a true basis for accepting because they are so afraid their acceptance may prove disappointing. This is a very general situation. Have the courage to assume the possibility of a positive alternative.</p>