

Pathwork on
Breaking Out of My Self-Made Jail of Fear of Self

This quote from Pathwork Lecture 136 *The Illusory Fear of the Self* speaks to how, out of fear of life and of my lower-self aspects, I build a jail around myself and throw away the key. How do I get out of this self-made jail? Read the entire lecture to learn more, but this quote gives a vivid metaphor of living in a self-made “jail” (here “dingy, narrow, little room”) when all the world of beauty surrounds me and is free to experience for the taking.

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| 32 | QUESTION: For the longest time, I have had difficulties with meditation. Now that I have overcome some of them, the results have been nothing short of miraculous . I would like to ask what this miracle is . |
| 33 | ANSWER: The miracle is a law of life that you just discovered . The law is that whatever concept you hold <u>must</u> manifest in your life . The truth of life , the reality of life , is <u>unlimited good</u> . To the extent you can embrace this possibility , even in an attitude of honest questioning , to that extent this truth – in whatever area you conceive it – <u>must</u> unfold itself to you . This unfolding of goodness appears miraculous to the person who has hitherto embraced only negative possibilities and therefore could not see beyond them . One's concept and expectations of life are <u>fences</u> around the possibilities of experience and unfoldment . When more possibilities are discovered, the fences recede accordingly. |

The **greater the scope of the mind to grasp**
blissful,
joyful
experience,
the **more** of it **must come into being,**
because in **reality**
it is **all there,**
available in unimaginable abundance.

The **narrow fences** are always a **result of**
personal distortion.

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You **cannot experience** more than
what you **conceive of the possibility of experience.**

If you believe that happiness is impossible,
how can you experience happiness?
This is as logical as any physical law.

For instance, if you move your body from here to there, your body can be only at the spot you have moved it to, not at any different spot. This is no more and no less miraculous than the laws of the mind. **As far as you can move it, this is where you find yourself with it.**

If you **find yourself** in a
dingy,
narrow
little
room,
you **need not remain** there.

You **cannot convince yourself of this fact unless you**
walk out of it and discover
that there are a **lot of nicer places outside this little room.**

If you **resist any attempt to help you out of it,**
on the grounds that
maybe there is no other room or space for you,
you cannot come out,
regardless of how long you **argue about it.**

You must make the actual move.

This is what you must do with your mind.

When you **discover** that the **room beyond actually exists**,
it will appear **miraculous**.

**Spiritually,
mentally,
emotionally,**

you so often **remain in a
dingy
little**

hole,
with **no possibility
to stretch,
to unfold,
to experience beauty.**

When you **finally test it** and
discover the **beautiful world outside the room**, and
see how
**safe and
satisfying** it is,
you **experience** it as a **miracle**.

You then **stretch and stretch your mind
to more and more possibilities
to unfold and experience good,
to give and receive good.**

That is the **miracle of creation**,
as natural as your moving from one place to another.

As long as your limbs are **healthy**,
that **possibility is given to you**.

And if you have **allowed your limbs to atrophy
too long by unnecessary incarceration**,
[then] through
**exercise and
treatment
they will heal.**

This is what you **do with your psyche**
after it has **lived too long** in a climate of
**negativity,
limitation, and
isolation**
because of your **misguided fear of yourself**.

Once this limitation is given up,
the "**miracle**" must come to each and every creature in the universe.

It is as **logical a law** as any law you **no longer find miraculous**.

The **reality of creation** is
that there is **unlimited**
freedom and
possibility for experiencing the good.

That **possibility is given to everyone**.

The **healing of the "limbs" of your psyche**
to take advantage of that **unlimited**
freedom and
possibility [for experiencing the good]
was the topic of the very lecture I just gave:
giving up the **frantic struggle**
to **guard** your
inner
secret
chamber.

As long as you **struggle to keep your secret**,
you **cannot experience** the **wide-open possibilities**
of **living** and
of **your innermost being**.

I beg of you,
do not close your eyes to the fact that
you struggle against exposing the secret part of you.

Understand that this **struggle is a useless pain**
you inflict upon yourself and
that **you can get rid of today**,
if you so desire!