

A Daily Prayer for being Fully in Life

This quote from Pathwork Lecture 138 *The Human Predicament of Desire For, and Fear Of, Closeness*, gives a beautiful daily prayer for manifesting one's life to the fullest.

12	Devote a few minutes every day to thoughts such as these:
13	<i>"Whatever I already am, I want to devote to life. I deliberately want life to make use of the best of what I have and who I am. I may not be sure at this moment in what way this could happen, and even if I have ideas, I will allow for the greater intelligence and wisdom deep within me to guide me. I will let life itself decide how a fruitful interchange can take place between it and me. For whatever I give to life, I have received from it, and I wish to return it to the great cosmic pool to bring more benefit to others. This, in turn, must inevitably enrich my own life to the exact measure that I willingly give to life: for truly life and I are one."</i>
14	<i>"When I withhold from life, I withhold from myself. When I withhold from others, I withhold from myself. Whatever I already am, I want to let flow into life. And whatever more in me can be utilized, still waiting to be brought to fruition, I request, I decide, and I desire that it be put to constructive use, so as to enrich the atmosphere around me."</i>
15	If such thoughts were deliberately pursued and deeply meant, problems would have to resolve themselves, pain would cease, solutions would appear on the horizon even to problems which had hitherto seemed absolutely insoluble. I can assure you, my friends, that this promise, as well as all other promises I have ever made, will be borne out and will prove to be true.
16	On the other hand, if in pronouncing such words, you feel an inner disinclination, a no-current, or a resistance, then you know what is responsible for the pain you feel in your isolation and for the pain when you are relating to others. They must both be the same. To the degree that you suffer from isolation, to that degree interrelationship must be problematic and painful for you. To the degree you stem against overcoming isolation, isolation must be painful. The key lies in the desire to offer to life what you already are and whatever more you can still be. When you follow this desire, you automatically release and bring to fruition more hidden potentialities than you could possibly visualize in this moment while you are still in your painful seclusion.
17	To be in harmony with life, first call deliberately upon the powers within you. Knowing that these powers exist, even before you have fully experienced them, must activate them in whatever constructive way you choose, provided you have deliberately stated that you indeed accept their reality.