

Pathwork on
Blessings

Pathwork Lectures 144 *The Process and Significance of Growing* and 109 *Spiritual and Emotional Health Through Restitution of Real Guilt* each provide a clear definition of the word Blessing.

First from Lecture 144...

03	Greetings, my dearest friends. I usually start these sessions by giving a blessing. Now what does the word "blessing" mean? Let us consider its deepest meaning . Your ability to understand it today may be entirely different than before.
04	"Blessing" means the vigorous total wish for good , coming from the innermost self , from the divine inner being , the wish for the good of the unitive principle , which holds that there are no opposites and no conflicts . When this unobstructed wish flows directly into the deepest regions of consciousness of another person , a vibrating energy force is created that affects that person's consciousness .
05	Whenever you hear, directly or indirectly, the word "blessing" from now on, it will be very helpful for you to remember that your response is necessary to make the blessing effective . Openness, willingness, and complete inner cooperation are necessary to enable two forces to meet , for a one-sided blessing is no blessing. It may be intended as a blessing, but it reverberates on a wall either of resistance and opposition or of noncooperation and neutrality.

Then from Lecture 109...

34	QUESTION: In our discussion the question came up about the blessing given to Jacob and not Esau. Is it possible to convey a blessing to someone who is not ready to receive it?
35	ANSWER: It depends on the strength . There are different kinds of blessings . Occasionally the blessings of high beings with a corresponding spiritual development have such a tremendous vibration that they may be able to penetrate walls, psychological walls . Such a penetration may then have the effect that the person will pull himself together and do that which is necessary to diminish these walls . Blessings of lesser strength and lesser vibration may not be capable of penetrating a fort , but might be able to penetrate paper-thin walls.

Then it is a question of what the individual does with this impact of strength, with the result of the blessings.

It may happen quite often that a person indeed receives the blessings which he experiences as a **wonderful feeling of peace, of hope, and of joy**. But **after the impact is over and the effect has worn off**, he goes right back into his **rut**. He **does not use the blessings in the right way**.

The **world is filled with the thoughts and wishes of others**. Cross-currents go on constantly, not only among people, but also between them and beings of other worlds.

When you have a day in which you are in a wonderful mood, you may then have received, unbeknownst, such currents of love, such blessings or pure wishes. It is up to you whether you will use this influx or go back and again find yourself in **bleakness**, waiting for life or for blessings to carry you.

Blessings can be given occasionally. All this goes according to **certain rhythmic laws in the universe**.

But **in the final analysis, it is you who have to pull yourself out of the darkness**.