

Coming Alive by Overcoming the Fear of the Real Self

This quote from Pathwork Lecture 152 *Connection Between the Ego and the Universal Power*, speaks to our fear of our beautiful authentic essence, the universal life principle in our core, our Real Self; and out of this fear of our Real Self substituting our pseudo-beauty by donning our Mask Self or Idealized Self Image. The lecture encourages us to do the spiritual and personal development work necessary to strip off the false mask self, with its false emotions and controlled behavior and surrender to the spontaneous nature of our totally naked, unmasked, Real Self. This is where we come to the fullness of Life!

04	The meaningfulness and fulfillment of one's life depend, in the last analysis, entirely on the relationship between your ego and the universal life principle -- the real self as we also call it. If this relationship is balanced, everything falls into place. All these lectures deal with this topic, in one way or another, although I always try to discuss it in different ways in order to help you finally experience the truth of these words.
08	Consciousness and energy are not separate aspects of universal life; they are one. But some people tend to be more receptive to one or the other of them. Both are experienced as part of one's self-realization.
09	One of the universal life principle's basic characteristics, whether expressed as autonomous consciousness or as energy, is that it is spontaneous. It cannot possibly reveal itself through a laborious process or a cramped, overconcentrated state. Its manifestation is always an indirect result of effort. It occurs when it is least expected. By "indirect" I mean that you must, of course, make efforts. You must overcome resistance in order to face yourself in truth, admit your problems and shortcomings, and shed your illusions. This does require a great deal of effort.
10	You must summon all the strength and courage you can muster at all times. But the effort needs to be expended for the sake of seeing the truth about oneself, of giving up a specific illusion, of overcoming a barrier to wanting to be constructive rather than destructive, and not for an as yet theoretical process called self-realization that promises to feel good. If self-realization is arduously forced and looked for, it cannot come. It comes as a byproduct, as it were, although it is all that you can ever wish to attain.
11	Each step toward seeing the truth in the self, with a genuine desire for constructive participation in the creative process of life, frees the self. This is how the spontaneous processes begin. They are never consciously volitional. Hence, the greater the fear of the unknown, of letting go, of involuntary processes in one's own body, the less possibility is there of experiencing the spontaneous life principle in the self.

30	<p>A few years ago I used the following terms to describe certain overall, fundamental levels of the human personality: the higher self, meaning the real potential in everyone, the universal life in every human core; the lower self, made up of all your deceits, your character defects, your illusions, pretenses and destructiveness. Then I discussed a third component which I first called the mask self and later the idealized self. It is based on a pretense of being what one wants to be, or what one feels one ought to be in order to be liked and approved of.</p>
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40	<p>The shame of one's own nakedness in showing one's self, as it is in the now, is explained by the deep symbolism of the story of Adam and Eve. The nakedness of reality is paradise. For when that nakedness is no longer denied, a new blissful existence can begin -- right here and now, not in another life in the beyond. But it takes some acclimatizing after one has become aware of the shame. It takes a path within the path to become more conscious of the ingrained but subtle habits with which one covers up one's inner nakedness. How easy it is to revert back to the shame out of long-standing habit! But once you pay attention to it and elicit the powers available in you, again and again, so that you notice your shame and your hiding and learn to uncover yourself, you will finally step out of your protective shell and become more real. You will be the naked you, as you are now -- not better than you are, not worse than you are, and also not different from the way you are. You will stop the imitation, the counterfeit feelings and ways of being, and venture out into the world the way you happen to be.</p>
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43	<p>Be blessed, every one of you. May your endeavors succeed to become real, to find the courage to be nakedly real without any false covers. You cannot help but succeed if you really want to. Those who do not move and grow and liberate themselves do not want to -- and it is important to know this -- and find in you the inner voice that refuses to move. May all your false layers fall away because this is what you really want and decide. You will then discover the glory of living. Be in peace, be in God!</p>
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