

Pathwork on
Using “Not Liking People” To Grow Our Capacity to Love

In response to a participant’s question about not liking people, this quote from Pathwork Lecture 161 *Unconscious Negativity Endangers Surrender of Ego to Involuntary Processes*, speaks to **being real about our negative feelings** (here, not liking people), **accepting** that these negative feelings live within us but **without moralizing and feeling guilty** about this, using our **honest awareness** about our negative feelings as a **tool to understand the possible sources** of our negative feelings, and finally **being willing to change**, to allow our awareness of the pain that results from our negative feelings (here loneliness) to be a **motivation to grow** out of them (here awareness of our pain for not loving to motivate the arising of our capacity to love deeply). The key is to **be specific about our own unique issues giving rise to our negativity. This is the work of Pathwork, the path to purification and transformation – the path to awakening and enlightenment.**

36	<p>QUESTION: My mental processes tell me I need to like people, but I feel resistance. Where do I go from here?</p> <p>ANSWER: This is your conflict. It is so wonderful when a person is aware of such a conflict, for the very great majority of people have similar conflicts but are not aware of them.</p> <p>Awareness is the necessary prerequisite to find the way out of suffering. It makes it possible for you to look at the side that says no. Ask yourself why not.</p> <p>Instead of theorizing -- no matter how correct these general theories would prove to be -- it will be more helpful to come up with the specific answer, as it applies to you. Ask yourself with a fresh, new approach why you do not wish to like people, and do not be afraid to give yourself childish, irrational, illogical answers. Allow anything that comes forth.</p> <p style="text-align: center;">Then you will know the truth about the no.</p>
37	<p>It is always the same. Before a person can develop their capacity to love, they must first have the willingness to do so. As long as that is lacking nothing can be done. The willingness to do so is the crux. It must exist on all levels for love to be whole.</p> <p>If it only exists superficially and not in the depths of their feelings, the manifestations the person then experiences will correspond to it.</p> <p>You are unaware of your unwillingness to love and then complain about the results and feel yourself victimized. As long as you waste your energies on complaining and feeling victimized you are in a vicious circle.</p> <p>The destructive projections and blaming of others consumes the energy you need</p> <ul style="list-style-type: none"> • for loving and wanting love, • as well as for looking at the self and finding out what is amiss.

When you ask yourself **why you do not wish to love** and **answer it precisely and honestly**, you will know **why your capacity to love does not function**.

And consequently **you will understand your loneliness** and no longer believe that a trick of fate is being played on you.

So this is a **wonderful step here**.

I will not tell you why you do not wish to love. **The answer must come from yourself**. That indeed is possible.

All I can say is, **misconceptions and destructiveness hang on to you because you hang on to them**.

Once they are out in the open it will be relatively easy for you to overcome them.