

Pathwork on  
**Just Feel Your Feelings, Don't Analyze them or Ramp  
 them Up**

This quote from Pathwork Lecture 165 *Evolutionary Phases in the Relationship Between the Realms of Feelings, Reason, and Will*, states that one's task is to feel feelings, not deny them, ramp them up (into an emotional reaction), act them out, or analyze them. Real pain is soft bearable pain. False pain (ramped up pain, an emotional reaction) is unbearable. In truly feeling real pain, the soft pain, the pain dissolves into its original form: pleasure.

28	<p>I would now like to discuss another approach you can use that constitutes an important aspect of our path. When you have reached a certain awareness of your emotions, you will see what you are constantly doing with many of your feelings. <b>You are using the busy mind, the overemphasized reasoning faculty, to fit your feelings into pictures, to build theories about why you feel a certain way.</b> The mind is so trained in overusing reason that you think you need a reason to feel a certain way. Thus, your <b>real motives and the actual situation often escape you.</b> Since <b>you fear feelings and see reason as the saving measure</b>, you concoct reasons for feeling. You are always full of explanations of why you feel a certain way, until no feeling remains -- only theory and explanation. This is so important, my friends, because if you learn to see through these "explanations" it will teach you the <b>art of self-observation.</b></p>
29	<p>Let us say, for example, that you feel hurt. In many instances, you completely deny the hurt, even to yourself. You often manipulate it into an elaborate accusation -- sometimes even using distorted facts about the perpetrator of the hurt. But this can be at best only a tiny part of the whole picture of your personality or the motives for the hurting act. There is thus no longer any reality behind the elaborate, reasonable-sounding explanations. The denied hurt turns into anger, which is also denied. You explain the anger away by theorizing about what caused the hurtful action. <b>All the explanations and theorizing make it impossible to really experience the hurt.</b> And when you deny an actual experience, you cannot put it truly behind you. You cannot really be done with it. And so <b>you often build on top of this structure a false, exaggerated hurt --</b> the game of, "See what you have done to me? My hurt now will force you to act differently." This kind of artificially exaggerated hurt results from all the false layers that separate your consciousness from the original hurt. The <u>false hurt</u> <b>creates an unbearable pain</b> that leads to desperation and never to a satisfactory conclusion. The <u>real hurt</u> <b>is a gentle, soft experience, never unbearable, always leaving the essence of the personality intact.</b></p>
30	<p>If you can let yourself feel such a hurt, simply and without adornment, stating the fact and why it hurts you, you create a new pattern. You learn to deal safely not only with your feelings but also with your surroundings. At the same time, you establish a <b>new lifeline to your creative nucleus, your true identity.</b> <b>If you can endure your real hurt and let it be -- even if you do not know or</b></p>

	<p><b>understand what hurts you -- you will not have to become angry or destructive.</b> These are <b>merely reactions to a feeling you do not want to endure.</b> This is the harm of denial: It builds further layers that remove and <b>alienate you from your true self.</b></p>
31	<p>Learn to calm your mind and stop denying your feelings by agitatedly fitting the hurtful event into fixed images and theories. Let it be! <b>Feel what you feel, without having either to act on it or to reason it out.</b> Then you will experience a wonderful process: <b>The negative, painful feeling will dissolve naturally,</b> as every living process dissolves <b>into its original state</b> if its natural course is not obstructed. The <b>original state is not pain but pleasure, not suffering but joy, not deadness but forever expanding abundance of life.</b> Yet these desirable experiences cannot be stuffed forcibly into a self, if they are to be real and enduring. They <b>must come organically when one does not flinch from what one really feels.</b> They come gradually, to the degree that you experience your actual sensations and feelings without either denying or exaggerating them. <b>Thus you awaken your spiritual center,</b> which will <b>fill your entire being with a sense of safety, strength and beautiful new feelings,</b> and eventually with <b>new insights, perceptions and intuitions --</b> even new faculties. They will spring from deep within, <b>filling you with the sense that they are truly you,</b> not pretenses or faculties whose manifestations depend on others or on circumstances outside your control. <b>You will gain an understanding based on very different dynamics from what you used to do: artificially fitting feelings into a superstructure of explanations and reasoning.</b> We see <b>these superstructures as spiritual forms</b> that most human beings go around with, huge lopsided forms growing out of their subtle bodies, causing much heaviness. They <b>must be dissolved in the process of evolving spiritually.</b></p>