

Pathwork on
Creating the Lives We Long For From Our Real Selves

This quote from Pathwork Lecture 175 *Consciousness: Fascination with Creation*, packs in a lot of truth about how we create our own lives – both for the better and for the worse. It gives us instructions for **mind training** by which we can **hear inner guidance**, get in touch with **how specifically we create what we do not like in our lives**, and **practice creating the life we want from our conscious thinking and willing**, and especially by **being willing to change**. Finally, this quote suggests that **finding our Real Self as the creator of our lives is purification in its truest sense**. Of course the entire lecture elaborates on this process from many angles and should be read by those interested in taking charge of their own lives.

10	<p>To understand the nature of consciousness in still greater depth, you need to see what positive and negative directions consciousness can take.</p> <p>You have within you the purest wisdom, flowing toward ever-expanding bliss, toward an infinite variety of new life expressions and a fullness of dimensions. This is the universal spirit. I am not saying that the universal spirit is in you; I am saying that you are it, but most of the time you do not know it.</p> <p>You also harbor within you the distorted expression of your creative consciousness with which you will negative and destructive results.</p> <p>One could also say that this is the eternal fight between God and the devil, between good and evil, between life and death. It does not matter what you call these powers. Their names depend on culture, fashion, interpretation, personal preference and approach to the world. Whatever you name them, they are your own powers. You are not a helpless pawn in anyone's hands. This is the all-important fact that truly alters your entire self-perception and attitude toward living. Not knowing this will make you feel constantly victimized by circumstances beyond your control.</p>
11	<p>In order to perceive and experience your true identity as universal spirit, three conditions are necessary:</p>
12	<p>1) You must tune into it. Knowing of its existence will make this possible. You activate the universal spirit by your deliberate attempt to listen to it. You must become very quiet within yourself and allow it to happen. This is not as easy as it may sound, for the tumultuous static of the busy mind keeps blocking this possibility. Your <i>mind requires training</i> to become sufficiently calm without producing involuntary thoughts.</p> <p>Once you have accomplished this to some degree, you will experience an emptiness. You will then seem to listen into nothingness -- that may even be frightening or disappointing.</p> <p>Finally, the universal spirit will begin to manifest -- not because it "decides" to reward you for having been a "good child" who now "deserves" it,</p>

	<p>but because you begin to perceive its ongoing presence, knowing that this presence was always there and immediately accessible -- almost too near to be perceived.</p>
13	<p>The first manifestations may not come to you as a direct voice, a direct inner knowing, but through detours -- through other mouths, and later as apparently coincidental ideas that suddenly occur to you. If you are alert and sensitive, attuned to inner reality, you will know that these are the first signs of establishing contact with the universal spirit.</p> <p>Later the emptiness will prove to be a tremendous fullness impossible to express in words.</p> <p>Its immediacy also hinders you from perceiving the universal spirit's constant presence. The immediacy is, of course, wonderful. When you discover that you harbor this presence within yourself at all times, it will fill you with safety, with strength, with the knowledge that you never need to feel inadequate and helpless again, for the source of all life supplies you with every smallest detail of living that is important to you.</p> <p>The inner source fills you with rich feelings; it stimulates and calms you; it shows you how to handle problems. It offers solutions that unify decency, honesty, and self-interest; love and pleasure; reality and bliss; fulfillment of your duties without diminishing your freedom in the least. It contains everything.</p> <p>However, this wonderful immediacy presents problems at first, because you believe that all this can be sought only very, very far away. Since you were geared to experience the universal spirit only as a remote reality you find it impossible to experience its nearness.</p>
14	<p>2) You must fully experience and comprehend the part of your consciousness that has become negative and destructive. We have concentrated heavily on accomplishing this in our pathwork. But this is not easy, precisely because, once again, you are geared to believe that your life is a fixed mold you were put into and you must learn to cope with, independently of your inner processes of thinking, willing, knowing, feeling, and perceiving. As you can now appreciate, it requires a great deal of honesty, discipline, and effort to overcome resistance to make this all-important switch in your entire approach to life: from feeling helpless to seeing life as your own creation in all respects.</p> <p>It is not possible to activate the ever-present universal self when you are still blind to your negative creations. Sometimes certain channels happen to be unobstructed, but where the blocks, the blindness, the imagined helplessness persist, you cannot contact your universal self.</p>
15	<p>3) Your conscious thought processes give you the first possibility to contact the universal spirit.</p> <p>You create with your conscious thinking just as much as with your unconscious thinking and willing.</p>

	<p><u>Your</u> thinking ability is the <u>same</u> as the creative processes of the <u>universal mind</u>. Though your consciousness is a separated fragment of the whole, it has the same powers and possibilities.</p> <p>The <u>separation</u> is <u>not</u> even <u>real</u>; it exists only because you experience yourself as separate <i>at this time</i>. The moment you discover the immediacy of this presence, you will no longer feel a separation between <u>your</u> thoughts and those of the <u>greater Being</u>. Eventually they will merge and you will realize that the two have always been one.</p> <p>You do not avail yourself of your innate powers. You leave them unused, or even misuse them in your blind state.</p>
16	<p>You can finally begin to experience yourself as the universal spirit by using your <u>conscious</u> thoughts in a deliberate, constructive way.</p> <p>You can do this in two steps.</p> <p>First, you must clearly see how you have unknowingly used your mental processes negatively, thereby creating destructively.</p> <p>Then you can formulate what you now wish to produce in your life. You do this by creating the thought forms, by stating that this is possible, and by perceiving, knowing, and willing it with a relaxed attitude. This also includes the <u>willingness to change faulty and dishonest inner attitudes</u>, for otherwise you will block what you want.</p>
17	<p>By building thought forms of creative unfoldment you can tap the rich source within your own being. You begin with conscious thinking, which requires focusing attention on your thinking processes -- much too close to be easily recognized -- observing how you use them, how they create both what you do have and do not have.</p> <p>Once you can reverse these processes you have discovered a tool of creation; you become truly your real self, for <u>you are the universal spirit</u> who created the world.</p> <p>You are constantly creating your own world right now: it is the life you lead.</p>
18	<p>Paying attention to your inner processes will reveal that much of what you thought was unconscious is not hidden at all. Observe this especially when you find yourself in a disturbing situation. See how you take so much for granted that you gloss over your most obvious attitudes, exactly those which will give you clues to understand how your creative powers work, although in this case, of course, they are inverted, manifesting negatively.</p> <p>Considering every detail of the situation, expanding the range of your attention by finding a fresh approach, will bring the insight you have been lacking so far.</p>
19	<p>This self-knowledge is <u>purification</u> in the truest sense, because ultimately it establishes your awareness of your power to create your own life.</p>

	<p>Discovering how you have created destructively is never just a bad experience, for it becomes immediately obvious that you also have the power to create beautiful life experiences for yourself. You become immediately aware of your eternal nature with its infinite power to expand.</p>
<p>20</p>	<p>So you see, my friends, we are dealing here with three levels. All of them must become accessible. They are all equally difficult to perceive. It would be an error to believe that your everyday thinking processes are easier to perceive than either your destructive willing or your divine nature with its endless power and wisdom. They are all equally near -- and seem far only because your vision is turned away from them. Both the willful destructiveness and the great creative spirit you really are, are "unconscious" only because you do not give their existence the benefit of the doubt as a first step toward discovering them.</p> <p>The same is true of your daily mental activity, which goes on unobserved, without critical evaluation, so you are unaware of how your thoughts run in the same unproductive negative channels. Nor do you see that you derive a <u>sort of satisfaction from allowing the inattention to go on.</u></p>
<p>21</p>	<p>When you observe your negative thoughts, it is important to realize</p> <p>(a) what they do to you, how they connect with the very results you deplore most in your life; and</p> <p>(b) that you have the power to alter them and find new avenues of expression for your thoughts.</p> <p>These two realizations will make all the difference in the world, because they bring true liberation and self-finding, the coming-into-one's-own we speak so much about.</p> <p>The discovery of your true identity indeed brings glad tidings.</p> <p>But first you must see yourself pursuing negative thoughts. See yourself brooding in the same vicious circles; see yourself almost willfully pursuing the same roundabout, narrowly confined channels of thinking and never venturing beyond them.</p>