

Pathwork on
Exercises for Keeping an Open Mind

This quote from Pathwork Lecture 203 *Interpenetration of the Divine Light Spark into the Outer Regions – Mind Exercises*, suggests an exercise to keep an open mind, and further suggests that a closed mind is the cause of disturbances in our lives.

40	<p>...</p> <p>Take any situation you are in now that is bothering you; any disturbance in your life. Look at the construct you have built in your mind with your tightly fixed conclusion to convince yourself and eliminate disturbing self-doubts. Probe with your active, deciding faculty to envisage alternatives other than the one you chose. Play with these other alternatives. Again, allow your spirit to inspire and guide you into new channels, which can show you that you will not be annihilated if you abandon your view fixed to the present interpretation. This fixed view is to a considerable extent responsible for the very disturbance you suffer. See this.</p>
41	<p>Often you must first unearth what it is you really believe. But once this has happened, those beliefs have to become flexible. Consider other beliefs. Broaden your outlook about the very subject you so doggedly protect with certain opinions. You wish to believe that your judgments, thoughts, and opinions result from a specific disturbing situation. I say that it is the other way around. The disturbing situation is a result of your tendency to harbor just such thoughts, judgments, and opinions because of an underlying motivation and intention. Perhaps these can be faced with less resistance when you allow your mind to become more flexible and try out new alternative interpretations. If the tendency to build a cluster of opinions and judgments under certain circumstances does exist, it is always there in abeyance, waiting for the next occasion. In other words, psychological deviations are associated with a fixed, inflexible mind that must be dealt with in active, focused exercises. The more you are willing to do this and request inner guidance and inspiration so that your mind can step beyond the confines of the construct, the more flexible your mind will become.</p>