

Pathwork on
Mastery over Life's Problems vs. Their Removal

Pathwork Lecture 69 *The Folly of Watching for Results While on the Path; Fulfillment or Suppression of the Valid Desire to be Loved* points out that our progress in our spiritual life is measured not by the reduction of problems in our lives but rather our reaction to them. And even here we can catch ourselves trying to fake calmness in the face of troubles.

11	<p>... To imagine that merely because you have done a minor amount of the work that has to be done, because you have recognized a minor part of what needs to be recognized, problems, illness, worries, frictions and other difficulties will therefore simply cease is, putting it mildly, unrealistic and childish. The only way you can measure your progress is by your reactions to the problems life inevitably brings, and also by what you gain each time, how much you grow after each mishap, whether it touches a big and important issue or a rather insignificant one that, nevertheless, once had the power to upset you disproportionately. Your only yardstick for progress is your reaction and not whether times of upheaval still continue to exist in your life.</p>
12	<p>Therefore, it is exceedingly difficult for other people, no matter how well they know you, to determine your progress. Sometimes it may be noticeable that one reacts toward life's downs in a more serene and constructive way than before. But even that can be deceptive, for people are often quite shrewd in deceiving even themselves. They suppress the real reaction, while on the surface pseudo-calm prevails. Only what you really feel can ever be the yardstick. Outer confirmation cannot be the determining factor.</p>
13	<p>If the cosmic laws were made as you want to imagine them, namely that trouble would cease coming your way, how could you tell that you are above trouble, that you have mastered trouble? Trouble can only cease after a long period, gradually diminishing in force as you learn from it, understand its reason; realize how <u>you</u> have brought it about, no matter how remote the connection may at first seem. As your understanding grows, each mishap loses more of its darkness and terror, and thus you master your mishaps, yourself, and your life.</p>