

Pathwork on

Modeling Change in Order to Effect Change in Others

Quote from Pathwork Lecture 33 *Occupation with Self – Right and Wrong Faith* for using self-change as a model to help others change.

12	<p>Only when you accept yourself in the proper way will you be able to accept others as they are and to live according to the spiritual law that demands that you direct your efforts where they can bring true results: toward yourself. You are the only person over whom you have the power of bringing about change. You can never change another; therefore, your efforts are lost in this direction. You can, however, help to influence another person by your change; he or she may then decide to change too. Your influence can only be truly productive if you set the example first. When other people's faults bring you disharmony of any sort, it indicates that deep down you resent even more the fact that you cannot change them. Your resentment means that you are breaking a spiritual law. It should be the best indication for you to determine where you stand in accepting yourself as you really are and doing so in all humility. The more serene you remain in the face of other people's faults, the more you have accepted yourself as you are. Thus you will have a healthy basis in your soul no matter how many imperfections still remain in you. However, the more you fight inwardly against other people as they are right now, the more you refuse to accept yourself. Think of that too, my dear friends!</p>
13	<p>So learn to accept people as they are and become tolerant of faults you yourself may not have. Often you must go even further than that, however. You especially condemn in another person the very faults you yourself possess. You are not aware of this, of course, yet it is so. Only by getting to know yourself thoroughly can you accept other people better, understand them better, and love them better. You do not have to be blind to be tolerant. A basically intolerant person often does not want to see another person's faults when there is strong love or sympathy present. Not wanting to see the faults in this case indicates the deep fear that noticing the faults would mean to stop loving the other. This, of course, is nothing less than intolerance. If you could accept the imperfections of the loved one, you would not need to close your eyes. In addition to this wrong reaction, such a person will also be convinced that he is extremely tolerant because he never sees the faults in those he loves. This is another of the masks people so often put on. Real tolerance and real acceptance means to clearly see another's faults and not be afraid to love and respect that person any less because of them. With such an attitude, you not only help others around you, but you help yourself.</p>
14	<p>My dear friends, I beg all of you to think carefully about this subject. In your next meditation, ask yourself whether you are too critical about others; whether you actually condemn them, even if you do not consciously think so. Your emotional reactions to other people may amount to that. Test yourself in</p>

	<p>this respect, and ask if you are not blind to some of your own mistakes, while so busily fighting those of others. I can assure you that if you do that and react in the right way toward your findings, you will gain a great new peace by this change of attitude. For what robs you of your peace and inner harmony is never what others do, but always and solely your own wrong attitudes and inner fights against conditions you cannot change, and what is more, you are not supposed to change. You are supposed to change yourself. Once you have done that you will be free and will feel a new independence from other people's behavior or reactions and know that in the last analysis they can never bring you any harm.</p>
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