

Pathwork on
Life Is Movement on All Fronts

Pathwork Lecture 203 *Interpenetration of the Divine Light Spark into the Outer Regions* – *Mind Exercises* speaks to the importance of movement and change as core aspects of the Life Force operating from within. When we resist change and movement on all fronts, our Life Force is distorted.

26	Movement is one of the essential byproducts of aliveness, of the unitive state. The vacuum is fixed; the spark of the all is constantly moving. You are constantly battling between these two states. You hanker for nonmovement. So you experience fear of the vacuum. You want nonmovement in the illusion that movement will carry you into the vacuum, where your consciousness will cease. Yet the life spark within pushes toward movement.
27	Hence, on your path, you are learning to move your body; learning to move your feelings; learning to move your mind, so that your spirit can move you. The moving spirit must be allowed to manifest; that is why all other personality levels must align with the spirit's innate nature: movement.
28	You move your body so that the energy flow can penetrate your entire physical system, your physical energy. You move your feelings by learning to let them out and feel their movement in you. You move your mind by opening it to new ways of looking at things. This is an essential task. Your fixed ideas prevent the spirit from moving your mind and inspiring it by higher truth. I am not just talking about general concepts, but about your current situations. What happens is you adopt certain opinions and judgments and then invest so much energy in them that you eventually believe that these are your real feelings. The negative energy is being created by rigid and therefore unavoidably false thoughts. The limited truth, which you believe is the whole truth, then becomes the tool of error and self-deception.