

Pathwork on
**Necessity of Pain and Disharmonies For Our
Awakening**

This quote from Pathwork Lecture #84 *Love, Power, Serenity as Divine Attributes and as Distortions* helps us understand, accept, and even to welcome the pain and disharmonies we experience in our lives. We come to realize that pains and disharmonies are lessons key and necessary for our growth, enabling us first to see life more truthfully and then motivating us to give up our old strategies of escape. Growth and awakening happen as we organically grow through the pain, seeing our role in creating it through our old pseudo-solutions to life's pains.

25	The pain that was always in you but was hidden, against which you "protected" yourself by unloading it on others, on life, and on fate, will become a conscious experience you absolutely need. At first sight, this will appear as a relapse. You will believe you are even worse than before you started with this work. But this is not so. It is your very progress that made it possible for all these hitherto hidden emotions to become conscious, so that you can really use them for analysis. Otherwise you could not possibly dissolve the superstructure of your tyrant, your idealized self-image with all the unnecessary harm it does you. You are so conditioned by the emotional reactions you have become accustomed to, you are so involved in them, that you cannot see what is right before your eyes. You look past the seemingly unimportant emotional reactions to certain situations simply because they have become a part of you, while you watch for new and hidden recognitions. But it is these actual emotional reactions that will furnish the clue, once your attention is focused on them. This would be impossible if you were not disturbed. Therefore, the disturbance is bound to come into the open and this is the moment when you can come to terms with it.
26	So, my friends, begin to see your emotions in this light. You will then find what impossible demands your idealized self-image makes on you. You will see that it is your idealized self-image, and not God, not life, not other people, who demand all that. You will also begin to see that, because of these demands of the self, you need other people to help you cope with these demands. Unconsciously, you put pressure on others to give you what they are incapable of giving. You are then much more dependent than you need be, in spite of all your striving toward a distorted independence of either the aggressive or the withdrawn type.
27	You also have to find the cause and effect of these conditions. You will see your life, and your past and present difficulties, with a new outlook. You will understand that you have created many, if not all, of these difficulties, just because of your "solution."