

Pathwork on
Pain of Unfulfillment

Quote from Pathwork Lecture 100 *Meeting the Pain of Destructive Patterns*. When we see areas in our lives where we are unfulfilled, this lecture invites us to feel this pain and trace it back to where the defenses against feeling this pain got set in our young lives. By releasing these defenses – patterns, images, wrong conclusions, etc. – slowly, over time, more fulfillment can emerge.

19	By now you must understand that in many respects you have caused your own unhappiness through your own destructive and unrealistic evasions and defenses. You will now realize, with a new sense of strength, that you can bring about your own fulfillment and happiness. Again, this cannot be done by intellectual understanding. It is an inner process that grows organically. As you now deeply understand that no unkind fate or cruel god has punished or neglected you, so you will deeply understand and know that it is you who can create all the fulfillment your soul craves for -- a craving you were not even conscious of when you first began this path.
20	The new consciousness may emerge only after a fuller understanding of all your pseudo-solutions and misconceptions, whose depths will make you aware of your needs. The primary result on this path is the understanding of your own causes and effects and of the sense of strength, independence, self-reliance, and justice that this understanding gives to an individual. How much time it takes to reach the first tentative beginnings of this new strength and later to increase it, depends on your efforts, your inner will, and your overcoming the ever-present resistance which wears off only after you gain sufficient recognition of its devious ways.
21	Now, my friends, when you come across the pain, is it really merely the pain you once experienced as a child? Is it really the frustration the child suffered from the parents, and nothing more? No, my friends, this is not entirely correct. It is true that the original pain and frustration have afflicted the resiliency of your psyche and made you incapable of properly dealing with it. It caused you to turn away from it and look for unsatisfactory "solutions." But the pain you now experience is much more the present pain of unfulfillment, caused by your unproductive patterns. Consciously you cannot distinguish this. You may not even be aware of the original childhood pain. It may take time and self-observation to distinguish the pain at all. After you do so, you will see that the more acute pain is your despair with yourself and with life now, not in the past. The past is important only because it caused you to institute the unproductive ways responsible for your present pain.
22	If you do not shy away from the pain but go through it, becoming aware of its significance, you will realize that your present unfulfilled needs cause the pain. Your frustration will be with your inability, at this time, to bring about

	<p>fulfillment. You cannot as yet see what you can do about it. You feel caught in your own trap, not seeing how to get out of it, thus being dependent on outer intervention over which you have no control. Only after courageously becoming aware of all these impressions and reactions, will you gradually see a way out, and thereby decrease your helplessness and increase your independent strength and resourcefulness.</p>
23	<p>In a previous lecture we discussed the subject of human needs. Before you uncover your various "protective layers," you cannot even be fully aware of your real needs. You may know some of your unreal, superimposed needs, but only after a fuller understanding of yourself do you gradually become aware of the basic, naked needs that you have held in check. When you experience the pain, before crossing the threshold into emotional maturity and productive patterns, you have the possibility, if you so choose, to become precisely aware of these needs. This is inevitable if you wish to come out of your present state of unproductive living.</p>