

Pathwork on
The Path of Pathwork

Pathwork Lecture 204 *What Is The Path* is the standard lecture used to explain Pathwork. However I found this passage from Pathwork Lecture 100 *Meeting the Pain of Destructive Patterns* to be very helpful for laying out some of the realities of the path of Pathwork. It speaks to the *time and pain of crossing the threshold into emotional adulthood*. For me it is the Grail myth version of Pathwork, speaking to Parsifal's life experiences in his quest for the Holy Grail.

14	<p>Most of you, my friends, have come across many recognitions and insights that dealt with your wrong conclusions, misconceptions, images, pseudo-solutions. You are, to some extent at least, aware of the particular nature of your idealized self-image. You have some inkling in what way you are self-alienated and perfectionistic. You have therefore realized the extent of the damage you have inflicted upon yourself and upon others and have seen how unsatisfactory these pseudo-defenses and protections are. All of you may not be fully aware of all these factors, but most of you are sufficiently aware of them to be inwardly ready to give them up. Some of you have actually reached the threshold opening the way to a new inner life of being emotionally willing to let go of all the defenses. Constantly observing your unrealistic and immature emotions and reactions weakens their impact and begins a process of dissolving them almost automatically. When a certain dissolution has taken place, the psyche is ready to cross the threshold. But the act of crossing it is painful in the beginning.</p>
15	<p>You would expect, when crossing this important threshold, that the new, constructive patterns can immediately replace the old destructive ones. Such an expectation is unrealistic and not according to truth. Constructive patterns cannot have a solid foundation before you go through the original pain and frustration you had run away from. You have to face and feel, understand, come to terms with, and assimilate all that first. Then what is unhealthy and unrealistic can be dissolved, what is immature can mature, and the healthy but repressed forces can be brought into their proper channels so that they can work constructively for you. The longer you delay this painful process, the more difficult is it bound to be when you are finally ready to pass from childhood into adulthood. Even if you die in this life as a child, at one period or another of your spiritual development this threshold has to be crossed. The pain is a healthy growing pain, and the light is in sight when you overcome your resistance to the process. The strength, the self-reliance, and the capacity to live fully with all your constructive patterns beginning to work, is ample compensation for all the years of destructive and unproductive living, as well as for the pain of crossing the threshold into emotional adulthood.</p>
16	<p>Can you imagine being spared experiencing the pain against which you instituted the destructive patterns? You used them to run away from something that occurred in your life, whether actual or imaginary makes little difference. It is the wishful-thinking process of running away and looking away from something that is or was, thus not facing and coping with your reality, that caused your soul's sickness. Hence it is this area that has to be tackled now. This is why those of you who have made your first tentative steps over the threshold -- there may be occasional relapses for no inner process develops in just one smooth action -- are puzzled by the acute pain you</p>

	<p>experience. Often you do not quite understand why this is so. You may have some vague idea and some partial answers, but this lecture will help you to arrive at a more profound understanding.</p>
17	<p>Intellectually, you all know that this path is not a fairy tale in which you find your deviations and misconceptions and evasions, and, after having done so, nothing but bliss follows. In the last analysis it is true, of course, that being freed of your shackles of error and deviation is bound to bring you happiness. But until you reach that stage, many areas of your soul have to be experienced until your psyche is truly equipped to make the best of life. Even after the acute pain has been properly assimilated and is no longer present, the unrealistic, although often unconscious expectation exists that now life will always grant you what you wish. No, my friends. However, the reality is much better. In reality you will learn to cope with the mishaps and difficulties, rather than becoming broken by them. You will not fortify your destructive defenses. This, in turn, will equip you with the tools to make the best out of each opportunity, and to derive the maximum benefit and happiness out of every experience of life.</p>
18	<p>Needless to say, this is never accomplished with your destructive defense mechanisms and various images. Let me repeat here what I have often said: First the outer negative events will continue to come your way, as a result of your past ingrained patterns, but you will encounter them in a different way. As you learn to do so, you will become aware of many opportunities for happiness that you ignored in the past. In this way, you begin to change the patterns, until very, very gradually, perhaps over a process of several incarnations, the unhappy outer events cease more and more. But when you find yourself at the beginning of this stage, do not expect immediate fulfillment and happiness in every respect. Do not expect it to come from the outside without your creating it by learning and experiencing in a productive way. First you need to see your possibilities and opportunities and independent ability to choose, instead of being utterly helpless and waiting for fate to bring you happiness.</p>
19	<p>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.</p>
20	<p>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.</p>