

Pathwork on

Choosing an Effective Spiritual Path – Is Pathwork the Best Path? Must I Have Faith?

How do we wisely choose the best spiritual path for ourselves? Is Pathwork the best path? Must one have faith? In what? To what degree? Q&A 098 gives guidance on these important questions.

54	QUESTION: ... what you just mentioned in the beginning: that this [Pathwork] truth as it is given is more or less {the} right method . Now, I've been asked that question and I was a little hesitant to answer because I know other systems too; I can't say they are better or worse. And how would you give an explanation?
55	ANSWER: I would <u>not</u> say that this [Pathwork] is the only right method ; that is a misunderstanding. There may be other methods and there are other methods that are also very successful. But what I meant to say is that there is <u>no spiritual growth and unfoldment unless one goes into the depths of one's own emotions and understands them</u> . That is what I said. Where if someone else has another method to accomplish this, fine. But that is the only basis for serious unfoldment and unfortunately people do not yet realize this enough. More and more is understood about this in your world today, but not enough. Still, there are too many people who believe <u>by gathering concepts and ideas and by willing your thoughts and emotions, you can regenerate. That is not so</u> , not in the ultimate and real sense.
56	QUESTION: But some say you can do it by faith . ANSWER: But if you do not have the faith, you cannot do it. That is a very flat statement that means nothing -- that means absolutely nothing.
57	QUESTION: But if he has the faith... ANSWER: Who does have the faith to such an extent that he can solve <u>all</u> his problems? No one who is alive . And some may have it consciously; that does not mean it is unconsciously that strong. Some may have it in some areas and not in another area. That is a statement that I am sorry to say means absolutely nothing.
58	QUESTION: But faith is not [inaud.] ANSWER: No, it does not mean that. It means that the people who say you can develop by faith, I said that means nothing because your faith is shaky; it is lacking. And by doing this [Pathwork], your faith in a real and healthy sense will develop. If you do not have a faith to begin with, you can still go on this path. By saying "I have faith," and trying to force yourself into it, that will not give you the faith. It is much better then to face the fact that you do not have the faith or in what respect it is lacking and proceed from there on.