

Pathwork on

## Living Life in the NOW Rather than Filling the Storeroom of the Unconscious with Unlived Emotions

Many spiritual paths emphasize living in the NOW. But what does this mean and just how do we live life in the NOW? Pathwork Q&A 113 gives an interesting analogy, comparing the unconscious to a storehouse where unlived emotions build and build until we are overwhelmed and trapped by them and the patterns they create. This lecture encourages us to fully live life as it unfolds, accepting and experiencing life in each moment. It all gets back to daily review – or, perhaps moment-by-moment review, especially when we are troubled, unfulfilled, or confused in life. Being in the Now is bringing awareness to each moment. This is the “right” use of time, the “right” way of being in the Now. We are not asked to “fix” or “change” anything (which is the desire and work of the ego) but rather to just acknowledge and “feel” everything and accept “all that is.”

29	QUESTION: Regarding one's <b>failure to really live in the <u>now</u></b> you use the expression <b>more and more often</b> you will be exposed to such <b>periods of depression, anxiety, uncertainty, disharmony</b> and it will become <b>more difficult to find the real inner causes</b> .
30	ANSWER: Why of course my friends, how could it be otherwise. Because you <b>are then in an extended chain reaction</b> . Let me give you perhaps the following example. It may not be a very adequate one, but I believe it will illustrate the point. <b>If you have a great big house</b> and this house is filled with all sorts of objects, and in the process of filling let us assume you do not use the house or let us say a room. <b>You do not use the room. You just use it as a storeroom</b> . Now, you may <b>push everything into it helter skelter</b> . First there are only a few objects in it. It may not then take a great deal of effort to put order in it, but <b>if that room is filled to the brim because you have been lazy and did not want to go through the comparatively lesser trouble of sorting things and putting them right away in their right place, you will then have a much more difficult time sorting out and putting an order into this room</b> .
31	Now, it is very <b>similar with the <u>time</u> at your disposal</b> . If you have a <b>problematic area and at the first instant, the slightest little sign of feeling a little bit disturbed about this</b> , your mood drops just a little bit in its scale <b>and you heed it and <u>instantly</u> ask yourself "now <u>what is it?</u> What do I <u>really feel?</u> <u>Why</u> am I just a little bit disturbed about this?"</b> (rather than putting it away into the storeroom of your <b>unconscious mind</b> ) you will then <b>instantly be able to see what is behind</b> ; and before it has a chance to accumulate and cause vicious circles and chain reactions, <b>you air it out</b> ; that means <b>you have <u>utilized</u> that bad time</b> , that <b>negative influx</b> or what you experienced as such due to your disturbed feeling, your disturbance. <b>But</b> if you let it ride, <b>if it goes on and on, you push it away, and because it festers underground, it then creates</b> (as you very well know from this work of self-exploration) <b>negative patterns, with their vicious circles and with their chain reactions</b> ; and the more this vicious circle goes on, it <b>snowballs</b> , and it becomes <b>a whole knot interwoven that becomes very difficult to disentangle</b> ; and <b>each time this snowball is enlarged</b> , the <b>mood drops deeper down in that scale</b> . And it becomes therefore <b>more difficult to</b>

	<p><b>put an order into it.</b> It takes greater effort to disentangle all these various currents and interactions and misconceptions that have made you use your energy currents in the wrong and in a destructive way. This is a great deal of effort <b>and just because it is so much effort you shy away even more from it and let it accumulate even more.</b> And therefore the more it accumulates, the greater bite it becomes, the harder these times become. Isn't that obvious? Is that clear?</p>
32	<p>This is why <b>the <u>utilization of these times when you feel disturbed</u> is of the utmost importance because then you do have the material so much closer at hand.</b> This is why man on this Earth sphere is so foolish because he believes the bad times are such a hardship. <b>It is the only way to safeguard himself forever—to ever come again into misery—because without these hard times that shake him up, that bring out what is hidden, he has no way of safeguarding his future harmony, of establishing it and therefore safeguarding it. He can only establish it by these areas that <u>do touch him.</u> If he heeds the <u>little signs</u>, all the better; then he does not have to accumulate. But unfortunately man most of the time waits (till he really does something to look at himself in truth) usually for incarnations <u>and</u> incarnations <u>and</u> incarnations. He prefers to say he is haunted by bad luck; he is a prey to the malice of others. He does <u>not want to see what it is in him.</u></b></p>