

Pathwork on  
**Reconciliation Energy**

A plea for reconciliation from Pathwork Lecture #37: Acceptance, Right and Wrong Way – Dignity in Humility:

22	<p>Tonight I also want to ask a favor of some of you. This group is blessed, and blessed is every single person who is part of it. It would be a great joy for the world of God if all the very human animosities and misunderstandings, unavoidable in a group of this size, were straightened out and treated with a spiritual attitude. Of course you have your free will and can say no, but if you are willing, go to the person whom you do not like. Think carefully why you do not like that particular person. Try hard to be objective and you will surely find out that somehow your view is subjective; perhaps your vanity was hurt, or you have unwittingly hurt the vanity of the other person, and emotional reactions followed. One can then always rationalize one's dislike. If there was no particular incident, just try to find the good in the other and quietly look for the <u>objective</u> reason for your reaction. Just a little goodwill can often establish a bond of love between two people at odds. Try to find the common denominator. For there is a common denominator in all of you. Build on it and not on your thoughts and feelings that have probably been influenced by hurt pride. Show your own good sides in sincerity; show the generosity in your heart that sometimes seems to be hidden.</p>
23	<p>In cases where there have been actual incidents, consider the details with discretion and tact. When the incident should be discussed, or whether it should be discussed at all, depends on how free you are of resentment and of blindness. In some cases it would be beneficial if such incidents were brought to the inner circle. The time will come when you will be able to talk freely to your "adversary," explaining calmly what you feel has been a misunderstanding, the ways that you both were hurt, and why there is a dislike. Always both parties are hurting. If you can be honest and detached from yourself at the same time, listen quietly and try to understand the other person's point of view without letting your so-called dignity stand in your way. You will see there is no cause for disharmony.</p>
24	<p>All misunderstandings and all hurts are merely imaginary, my friends. They are the byproduct of this earth sphere in which you live, partly at least, in darkness. You think so many times you have reason to be hurt, but it is not true! Take your courage into your two hands and make that first step toward the very person you may misunderstand. You will purify all the better. You may see strongly only what you do not like or what you feel is directed against you in some way, and therefore you cannot see clearly. Intellectually you may acknowledge that the other person has wonderful qualities, but emotionally you do not really think so, or at least you do not want to find out.</p>

25	<p>By practicing what I suggest here, you will do good for yourselves and also for any other person involved. The reason I request it, however, is that the energy of reconciliation is important for the group as a whole. It is so beneficial, my friends, to give your heart to the person who you think has hurt you.</p>
26	<p>Bad feelings and bad thoughts add to the destructive forces in the universe. If you could even dimly realize how each of these feelings and emotions drain into a big ugly pool and finally are responsible for all the hurts of this world, for crime and injustice and the wickedness of wars! Such awareness should not force you to deceive yourself into having thoughts that are not true. Distortion is never the right way. The way must always be, first, to have the courage to say: "These are my feelings; I know they might be wrong, but they are that way." If you can observe the feelings with detachment and acknowledge them, then you have made the first step toward your own proper purification; the wrong thoughts and feelings that you cannot avoid having at present will be much less forceful, capable of doing less harm both to you and to the universe. The fact is that your courageous recognition and your goodwill changes and lessens their impact. Their impact is strongest when you are unaware of their existence, or when you try to justify them.</p>