

Pathwork on  
**Rooting Out Life's Most Persistent Problems**

This quote from Pathwork Lecture 148 *Positivity and Negativity: One Energy Current*, invites us to pause and identify the most persistent problems in our life. The lecture describes how our inner blocks, triggered initially by outer circumstances early in life, become the very points at which the positive life force turns into a destructive non-life force. These stubborn inner blocks, triggered again and again throughout life, are the roots of our persistent problems. Our spiritual path is to find the original events in this life that triggered our inner blocks, identify and accept these blocks, and reconvert the negative expression that ensued from the life force hitting these blocks into the life force's original positive expression. In this way we do the work of finding, accepting, and rooting out the causes of our most persistent problems, reconvert the expression of our life force to a positive form, and in this way, over time, experience more and more fulfillment and joy in life.

09	<p>First I will state that the life force as such, when untampered with, is totally constructive, totally positive and affirming. Therefore it produces total pleasure for any living, feeling, perceiving consciousness. The more fully this consciousness is developed, the fuller the pleasure it can experience from and through the pure life force, in whatever way this may find expression. The pure life force cannot be anything but beauty.</p>
10	<p>Every life organism tends to realize this potentiality in nature -- a newborn baby, a plant, a cell. When this natural flow is interfered with, the energy current seeking expression is blocked and prohibited from flowing to its destiny; the natural flow is stopped by conditions. These may be either outer or inner conditions -- or both. When young children encounter conditions in the outer environment that prohibit the natural flow of the life force, the extent of the damage depends upon how free they are from inner blockages. If inner blockages exist and lie dormant because they have not been eliminated in previous existences, the outer negative conditions will create a severe blockage, freezing the floating energy current and petrifying it into a hardened psychic mass. When no previous blockages exist, the outer negative conditions will create only a temporary disturbance in the flow of the life force. People's persistent problems in life result from such blocked energy. Unblocking can occur only when the relationship between the inner and the outer negative conditions responsible for the blockage is thoroughly understood. The child's immature ego faculties make adequate dealing with the negative condition impossible. An outer negative condition can therefore never be totally responsible for the condensation of energy and for the paralysis of the life stream. It can only be the final activating factor, bringing the dormant negative inner condition to the fore.</p>
11	<p>The place in the soul where outer negative conditions activate the dormant</p>

	<p>inner negative condition is the very point at which the positive life force turns into a destructive non-life force. Feelings turn from love to fear and hostility, from trust to distrust, and so on. Finally, the negative power becomes so unbearable that the feelings connected with it are numbed altogether.</p>
12	<p>When human beings find themselves on such a path, it is very important for them to understand specifically that a negative emotion cannot be replaced by a different positive emotion. It must be reconverted to its original state. How do we go about this, my friends? Each individual must find the way to reconvert this energy flow into its original state. Each life manifestation you experience that is unpleasant, problematic, or anxiety-producing is the result of a repetition of the original event in this life, when the positive pleasure force was blocked, hindered, or prohibited and has therefore turned into unpleasure.</p>