

Pathwork on
Self Mastery

This quote from Pathwork Lecture #84 *Love, Power, Serenity as Divine Attributes and as Distortions* speaks to self mastery.

32	<p>Love will not be a means to an end. It will not be a need that saves you from annihilation. It will, therefore, cease being self-centered. Your own capacity to love will combine power and serenity. Or, to put it differently, you will communicate in love and understanding while being truly independent. Love, power, and serenity will not be used to furnish you with your missing self-respect. Genuine, not self-centered love will then no longer interfere with healthy power, which is not the power of pride and defiance, neither the power to triumph over others, but the power to master yourself and your difficulties without proving anything to anyone. When you seek mastery by distorting the attribute of power, you do so for the sake of proving your superiority. When you gain mastery by healthy power you do so for the sake of growing. Not to have the mastery occasionally will not present a threat as it did while you were in distortion. It will not diminish your worth in your own eyes. Thus you will truly grow with each life experience. You will learn, accomplish and gain real power, not the false kind. There will not be any distorted ambitiousness, compulsion, and haste.</p>
33	<p>Serenity in the healthy way will not cause you to hide from emotions, experience, life, and your own conflicts; love and power in their healthy forms will give you a healthy detachment when looking at yourself so that you will truly become more objective. True serenity is not avoiding experience and emotions which may be painful at the moment but might yield an important key when the courage is there to go through them and find what is behind them.</p>
34	<p>Love, power, and serenity can go hand in hand. In fact, when each is healthy, they complement one another. But they can cause the greatest war within yourself if distorted.</p>