

Pathwork on
Spiral Nature of Personal and Spiritual Growth

How do we grow both personally and spiritually? This quote from Pathwork Lecture 115 *Perception, Determination, Love As Aspects of Consciousness* points to the spiral nature of our growth: sometimes sensing no growth when we are growing and other times thinking we are growing when in fact we are stagnating or going around in circles rather than deepening.

05	<p>We have discussed life, its meaning, significance, definition and manifestation, from many points of view. Each time I choose to discuss an angle of life -- or of any other topic, for that matter -- I adjust my words to the level you have reached in the course of your development; they are designed to penetrate to a still deeper root of understanding in your soul, according to your progress. Through your work of self-search, deeper levels of understanding are opened up, so that words of truth will directly reach those inner levels -- or have at least a chance of doing so. It is therefore important to discuss the same subjects from different vantage points at specific phases of your pathwork. What you have heretofore understood in a shallow way will then be more profoundly comprehended. Always use your new understanding in conjunction with proper meditation. These lectures can be regarded as meditations.</p>
06	<p>People sometimes believe themselves to be in a growing process, while they are merely going around in circles. Undirected or misdirected methods of self-confrontation often bring this about. In such a case, people may be outwardly convinced of growing, because they are going through the motions, but inwardly they know that this is not so. On the other hand, those who are truly in the process of growth may often feel temporarily discouraged, believing they are going around in circles. Inwardly, however, they occasionally already experience and see their inner growth. They feel it. First this happens only after periods of apparent setbacks and relapses, after finding the same aspects, attitudes and distortions over and over again, yet forever discovering new connections, shedding new light on the same disturbances, deliberating on them in different expressions of thought. Considering them in different ways fortifies and consolidates the recognitions, widens and deepens their perception. It links them with other aspects of the personality.</p>
07	<p>All my friends who are truly on the path have observed the spiral movement it pursues, coming around full circle, meeting the same problematic area all over again. The second time comprehension occurs on a deeper level. The tenth time it will be deeper than it was the ninth time around. The circles get narrower and narrower, until they meet at one basic point of disturbance that can only then be fully faced, understood, tackled and come to terms with. In principle, the process is the same as my taking an important concept and deliberating on it from different angles. This, too, follows the spiral movement according to the capacity and level that you have reached. One might say there are two parallel spiral movements: one pursues the disturbance, the other shows the true picture that complements it. To the degree that you are aware of and</p>

	properly evaluate the distortion, the true picture can be assimilated into the deeper regions of your personality.
08	Considered superficially, growth and stagnation often seem similar, because both follow circular movements. Only a closer perception and deep penetration into your self will show you the difference. True, sometimes the same circle has to be repeated before you can proceed from it into the next, narrower one. But whenever the transition to the next circle is made, the reality of the forward movement will fill you to the depth of your being. You will then know that you are not moving in a stationary circle.