

Pathwork on
Spiritual vs. Psychological Work on the Path

This quote from Pathwork Lecture 92 – *Repressed Needs – Relinquishing Blind Needs – Primary and Secondary Reactions* – addresses the question often asked: Is Pathwork mostly psychological work aimed at healing childhood wounds and purification or is it mostly a spiritual path to God? Some, including the questioner in this lecture, suggest we need more emphasis on the spiritual work in Pathwork. The Guide puts all of this in perspective.

50	QUESTION: Besides the psychological approach, is it not true that prayer and turning to God, asking for help, is of great assistance to us?
51	ANSWER: The psychological approach is actually prayer in action. If you really analyze what happens here, you will find that as you acknowledge and understand all distortions -- without self-moralizing -- you do the best to purify yourself. As discussed in a few recent lectures, the so-called psychological approach is not in contradiction to the spiritual one. Of course, prayer is of help and is recommended. But I have to give you more than advocate prayer. And you have to do more than merely pray for help. You have to observe your attitude in prayer. This is a very deep and subtle thing. If you pray and find the hidden attitude that you expect God to do it for you, then your approach is not only destructive, but it also indicates a more deeply rooted wrong attitude about life and your role in it. If you pray for help, but with the full intent and realization that you have to face and eventually change, that you want to see the truth, that it depends on your efforts and willingness, then prayer is very useful. There is a fine distinction between such healthy and right attitude and the idea that you should sit and wait for God to hand it to you. The latter kind of prayer will do no good whatsoever.
52	QUESTION: But the spiritual approach which you have taught and which has added so much to the psychoanalytical approach -- I was just wondering?
53	ANSWER: I fully discussed in a few recent lectures why it is healthy and good for you, in this particular phase of your development, to put less stress on the so-called spiritual, and more on the so-called psychological. For us, it is all one and the same: they are merely different facets, aspects, approaches and ways to the same end. Emphasis on the spiritual, if it is too long maintained and at the expense of self-finding, leads to escapism and the false religion I discussed recently. It leads to the wrong concept of God. If you reread that lecture, you will understand what I mean.
54	The idea that you neglect God by not discussing Him, and that focusing attention on the distortions so as to be able to change would lead you away from spirituality, is utterly untrue, of course. Common sense will tell you so. If such

	<p>vague ideas exist in you, it could be that you are afraid of finding and changing what wants to remain hidden. It may be the expression of a childish hope that by speaking about God and the spirit world and its laws you will be able to change yourself without pain and discomfort. This cannot be done, of course. Further intellectual understanding about spiritual factors would not induce an inner change. But what you are all doing now on the path is bound to bring about an inner change that brings you closer to true spirituality than all the words you hear in the world, no matter how true and beautiful. Outer belief is one thing; the inner capacity of living these beliefs is an altogether different proposition. It takes a great deal more time, effort and pain to achieve the latter. Unfortunately, this aspect is very much neglected by all religious denominations and societies. They still deal with the mere thinking process, which often contradicts and conflicts with the real inner life, the life of the emotions.</p>
55	<p>May you all, each one of you, find in tonight's lecture something that will bring a little more light and help in your work, a little further incentive, hope, strength, and inner push, without tension or anxiety, so as to free yourself from your own enslavement, to make yourself whole instead of divided. Go all in peace, my dearest ones, on this glorious road of self-realization and freedom. Be blessed, be in God!</p>