

Pathwork on
Spiritual Tests and Warfare

Quote from Pathwork Lecture 33 – Occupation with Self – Right and Wrong Faith

23	<p>The human soul is a very complicated piece of "machinery," if I may use this expression. Purification does not lie in simply overcoming your faults. That is not so easy and it takes a long time. It is only possible after you have deeply understood many of your trends and reactions of which you are still unaware. So your immediate goal cannot be perfection, even though it is the ultimate goal. Know this ultimate goal but work first toward the immediate one, which is knowing and accepting yourself as you are: This implies having no illusions about yourself; attaining a healthy attitude toward your shortcomings, and learning to live according to life's rules and not shirking from the sometimes necessary difficulties. It encompasses all that you are learning here. Only after this is accomplished will you gradually begin to alter some of your wrong trends and begin to react differently. Clarify your motives first and purify them. Separate the wrong motives from the good ones in one and the same action/reaction pattern. That is your task now.</p>
24	<p>Do not stop your striving when your faith is lacking. For you are a good person, and as a good person you want to become better, more whole, purer, more loving, so as to do more good wherever you are. Even if you cannot undertake this hard work at all times for the sake of God because you are not always sure that He really exists, do it for the love of others that is a basic part of you. Often a person whose faith is still weak has a greater love for other human beings than someone else whose faith is strong and who feels, as mentioned before, that she holds a special position in God's eye. Both are transitory states and will one day even out and harmonize in perfection.</p>
25	<p>Moreover, when tests befall you, as they must, pray that your thinking capacity should not be paralyzed. That is what usually happens to a person in a difficult situation. Just hold on to this thought: "Father, give me a clear outlook, even though I find myself confused and unhappy and mixed up at this moment. Help me not to forget that which I otherwise know. Let me see Thy truth in this situation, not as it appears to me at present in my very limited outlook."</p>
26	<p>We often observe that when you are undergoing a test your view of things is completely distorted. When you are convinced that your negative outlook is the only truth, you so easily despair. You even forget in such moments that which you otherwise know perfectly well. You become so paralyzed by the forces of evil you have drawn toward you that you cannot think and see what you would ordinarily see quite clearly. It does not occur to you to ask for the truth of God, because even for that your thoughts are too encased in darkness. Only after you come out of the darkness will you be aghast at your having been so blind.</p>

27	You can save yourself many a difficult hour by turning to God at once and by realizing what I am explaining to you. Fight the temporary blindness by training your thoughts to delve into the unconscious, the part of your soul where the "forgotten" truth may be found. Train yourself for future tests so that you will meet them with better mental equipment.
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