

Pathwork on
Translating Feelings into Concise Thoughts

This quote from Pathwork Lecture 40 *More on Image Finding: A Summary* describes how we are to translate negative feelings into concise thoughts so we can understand their origin and correct their causes.

14	When you feel uncomfortable doing this work, ask yourself, "What do I feel?" Often you are not even aware that your emotional reaction is guilt. And if you are, you do not realize what the feeling of guilt really means. In fact, it is often confused with humility and repentance. This knowledge of what to expect, this healthy attitude, this analysis of your feelings will lead you to a major recognition.
15	Formulate the feelings. Be aware that the unpleasant reaction often occurs before you are aware of what the recognition actually is. The formulation of your feelings into concise thought is a major part of the work on this path, my friends. I cannot stress this enough. When you do this, you will find that you feel guilty at having erred. And then ask yourself again, "Why do I feel guilty of being fallible, of making mistakes, of having faults?" The answer must invariably be, "Because I wish to be more than I am, more perfect, more highly evolved. Something in me does not accept my own ignorance or selfishness or my desire to find the easy way out." If you analyze your reactions this way, you will facilitate matters greatly.