

Pathwork on  
**Trust, Living by Faith**

This quote from Pathwork Lecture 142: *The Longing for and the Fear of Happiness – Also, the Fear of Releasing the Little Ego* – speaks to how we can live by faith, trusting the Divine within the human soul. That place where we are one with God and the Cosmos. A true avenue to Peace beyond understanding. But again, as always, this quote is better understood in the context of the entire lecture.

22	<p>This, of course, is your path, but I would now like you to do the work with a more exact understanding of how self-perpetuating force fields operate. This will lead you to immediately understand the existence of particular negative fields. You will also see that until now you have lacked this precise awareness. You will observe how you pressure ego energy into the wrong channel and will be able to change its direction. The negative fields contain all your destructive patterns of believing, thinking, feeling, and willing, which make you fear giving up the little ego. You will understand clearly why you fear happiness, why you fear letting go of outer control. But once the negative magnetic fields are known and understood, they already begin to weaken in effect, and thereby a positive self-perpetuating magnetic field is slowly beginning to form.</p>
23	<p>Wherever positive fields are at work, whether consciously or unconsciously, there must be trust. The more positive and the fewer negative fields exist in your human psyche, the greater must be your trust in the energy fields which create your life apparently independently of your volitional ego. The more such trust exists, the less problematic will it be to give up your little, outer ego-self. Let it flow and integrate with your inner greater being which has all the forces and resources you will ever need.</p>
24	<p>This is the only way in which trust in life, in self, and in God can be established. How can you let go of the little ego with its tight control if there is no trust? And how can trust in the universe be established in any other genuine way than by correcting negative fields with their ever-repeating undesirable and painful patterns? To say you must trust in a faraway God outside of you is a completely meaningless command, that becomes an impossible demand. The trustworthiness of life and therefore of God -- or of cosmic universal powers and laws -- will be self-evident when you understand how and why negative fields work, why they exist, and the fact that they need not exist. Even before they are transformed into positive fields, you will already know in principle that trust is justified, that underneath these negative fields there is something that can be trusted and activated by your outer mind, will, and thought orientation. The more this vaster power, even underneath the strongest negative self-perpetuation, is contacted -- because such negative process is only conceived in your own outlook -- the easier it is for you to switch the energy currents from destructive into constructive channels.</p>
25	<p>Only in this way can the ego become strong and healthy and integrate with</p>

<p>that utterly reliable inner being which functions in an indirect way. In this "indirection" life happens effortlessly, yet you are not a passive recipient. Things do not happen for you; they happen with and through you and make you automatically respond in an adequate way. When people want to be left out of the life process and remain passive recipients, they have not grasped the nature of life and the part they are to play. The same holds true when they want to take too great control of the reins. The ego must neither be shoved aside nor overburdened. The balance cannot be established until people realize that they each possess a powerful inner being which can be activated. If there were no such inner power, how could a person help but overburden the ego and charge it with tasks it is not equipped to execute? Only by activating the inner being is harmonious integration between it and the ego possible. This, my friends, is how integration, trust, and the relaxed state of the inner, richer, wider being can manifest: not by escaping into cut-off spirituality, but by complete integration of the ego with the inner self.</p>
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