

Pathwork on  
**Unrequited Love**

These two quotes, the first from Pathwork Lecture 80 *Cooperation, Communication, Union* and the second from Pathwork Lecture 147 *The Nature of Life and Human Nature* give a framework for self-search when one is in a relationship where one feels his or her love for the other is not reciprocated, especially where sexual attraction is involved. It could also be a useful framework for examining being in a relationship where one does not feel as much love for the other as the other does for him or her.

Pathwork Lecture 80

43	<p>QUESTION: You spoke about the mutual need that may hold a relationship together, and that this need is unhealthy. But it seems to me that it is only fair and right that if I love a person, the person should also love me. Otherwise it would be much more unhealthy.</p>
44	<p>ANSWER: My dear friend, you are very much mistaken if you believe that I advocate one-sided love. In a healthy state, you will never have to worry about this, because if you free yourself of the exaggerated need, your innermost self -- your real self, or your intuitive self -- will cause you to direct your affection and love toward the person able to respond. Then the mutuality will come almost by itself. A lack of mutuality is only present in an unhealthy situation based on immature craving instead of free readiness to love and communicate. Since you are new in this group, it is understandable that you ask this question; however, if you were familiar with these teachings, you would fully understand that healthy mutuality is the essence and natural result that automatically comes when one frees the soul of its fetters. A one-sided love is its own proof of distortion and deviation. In order to avoid that, you do not have to worry, plan or direct your emotions, nor force your feelings to go in any specific direction. If you think you have to do that, it is a sign that there are levels of unconscious reactions that should become conscious in you so as to be handled properly. If you respond freely, mutuality must come about.</p>

Pathwork Lecture 147

40	<p>...          QUESTION: Regarding unrequited love between a man and a woman, I sometimes feel that it is enough if I love this person. But sometimes I don't feel that way and I would like my love returned. I would like to know whether there is something in me that is wrong.</p>
41	<p>ANSWER: Whenever there is something amiss in an outer situation, it indicates a corresponding inner problem. Since there is no mystery about this, there can only be one answer: there must be something in you that does not want</p>

	<p>real fulfillment. You must be divided. There must be a part in you that very much wants the feelings, wants the experience of feeling yourself alive and vibrant with the beauty of such feelings, as only the most dynamic experience on this earth-plane can bring -- love between a man and a woman. But there is another part where you fear it, perhaps for any number of reasons. If you did not fear and deny it, you truly would not find yourself in such a situation. Your feelings would be directed toward a person who is willing and eager to reciprocate. In fact, it would be unthinkable that your feelings could be elicited, could be ignited in a situation that is one-sided. That in itself indicates an area where there is fear and a denial of life.</p>
42	<p>There may be many reasons for this. Often in such cases, people find that if and when their feelings are unexpectedly returned, their own feelings cool off. When they are not returned, when the other is unreachable, unattainable, the feelings increase and reach out. It is as though the psyche tried to find a compromise between wanting to be alive, wanting to feel the sweetness and fullness of life, but dared to do so only in fantasy. It lacks the courage to create it in reality.</p>
43	<p>You have to ascertain how and why you are frightened of the real love feelings that may come your way. You have to ascertain that you feel more at ease when the reality is less stimulating, less conducive to loving feelings than the fantasy. Recognize that you feel more reassured when you feel less alive, while this more intense state of feeling threatens you and makes you doubtful you can cope with it. This doubt results from your reluctance to trust your feelings.</p>