

Pathwork on
Ups and Downs in the Spiritual Journey

This helpful quote from Pathwork Lecture #39 *Image-Finding* gives us perspective for facing the vicissitudes of our spiritual life, times when we feel close to God and our Essence and times when we do not.

47	QUESTION: May I ask why is it so difficult at times to start praying at all?
48	ANSWER: You all know that your development does not proceed upward or downward along a steady line. It fluctuates, going up and down in spirals. And sometimes, while you are on a downward curve, you do not realize you are a step higher than the last upward curve you were on. Although the last upward curve was, on the whole, lower than the present downward curve, every upward curve feels better. You felt an elation and a liberation that you do not feel on the downward curve, which you have now worked yourself up to. Whenever you are on a downward curve, you encounter conflicts that you have not yet resolved. They disquiet you; they make you restless and fearful until you have laboriously worked them out and understood them; until you have fitted them into as much of the whole picture as is available to you now. When this is done, the upward curve sets in again, and you enjoy the clear air of a gained truth a little further.
49	But when the downward curve comes again, you must delve into the darkness of your confusion and error, and that cuts you off from the divine stream. You may oversimplify this by saying: "Things are depressing; I experience unpleasant things and that is why I am cut off from the divine flow." You are only half right, and that is always dangerous. The unpleasantness you are experiencing is only a reflection, a necessary effect of the cause you have within yourself that waits to be dug out. And that is why, when you are on the downward curve, which may vary in length according to the personality and the inner problems to be solved, the flow is cut off. You are surrounded again by the strong impressions of the world of manifestation. You can no longer connect with the feeling of reality you have tasted at other times. The disconnection is necessary; it provokes a battle on your part to attain victory again. Every victory means a new upward curve.
50	It is quite natural that in such periods of temporary darkness you cannot feel God's absolute truth, that you do not vibrate with it. This cannot be forced by your will. But what you can and should do during these periods is to think clearly and reasonably about your findings in the light of what you now know, although temporarily this knowledge sits only in your brain, and to wait until you become filled with this knowledge again.