

Pathwork on  
**You Already Have What You Long For**

This quote from Pathwork Lecture 172 *The Life Energy Centers* reminds us that we already have what we long for. It is part of our essence waiting to manifest.

23	<p>The perception of the ongoing life process in its infinite marvel of greatness, wisdom, love and pleasure is an altogether different perception from the usual one, which is, "I must attain a new state." Such attainment would be impossible if it did not already exist on another level of reality. What you have to do is discover the existence of a different state by first considering its possibility. Thus you must think of all states of bliss as existing already; all wisdom you ever need as existing already; all harmonious attitudes and the realization of your power and creative potentials as existing already -- and see yourself separated from it all by a wall. You must remove this wall. But the ongoing process of another life is already there. In your good moments, my friends, you are aware of this. You are aware that you have contacted another dimension of reality in which there is utter peace and joy, all questions are answered, life is eternal -- and there is nothing to fear. It is only when you are disconnected from this reality and begin to doubt or forget it that you find yourself in strife.</p>
24	<p>Pleasure supreme without a trace of anxiety is an ever-existing reality in you -- right now. All that separates you from it is your lack of knowing it, your fears and apprehensions -- your own permission, as it were, to experience this reality. Similarly, the ever-alive and appropriate wisdom that you need at any given instant of your life is already there. You are merely separated from it by not knowing its existence, by identifying with other sources of wisdom that are at best poor substitutes. These may be your intellect; your unexplored emotions, which are merely reactions to unexplored attitudes; other people's dictates over you; or all these mixed up together. Often you desist from establishing contact with this channel, even when you have already experienced its immediate availability, because you are afraid of the good feelings that result from its deep wisdom. You do not want to open up all these channels and centers and let yourself flow in unison with the universal cosmic movements. You are too afraid and angry to do so. The fear and anger must be made conscious. Also, your fear of disappointment, your lack of courage to be happy, hold you back from expanding into that realm of reality where you find solutions for everything.</p>
25	<p>In the solar plexus is the center that connects you with the supreme wisdom about anything you ever need to know, or ever could know. Such deep wisdom removes fear and makes love flow.</p>