

Pathwork on
Daily Review

From Pathwork Lecture 27

17	<p>... Thus, it is very important to write your daily review and to check your reactions to all you have felt during the day in response to often seemingly unimportant incidents. If you try to formulate concisely an unpleasant inner reaction of yours, you will always come to the conclusion that most of the time there is an element of fear involved in it -- fear that perhaps other people do not do what you wish or do not react according to your liking. In other words, if there is a strong self-will, the fear is there automatically that this self-will will not be gratified, or that your pride may be hurt. If you had no pride, you would not have to fear that it could be hurt. If you had no self-will, you would not have to fear that it would not be gratified. So you can see the connection. These subtle, smoldering fears are infinitely more frequent and also more harmful than the obvious and pronounced fears.</p>
18	<p>If you begin to check your various impressions of the day and your reactions, you can see where the element of fear comes in and whether it is connected with self-will and pride and to what extent. So begin to observe these inner reactions of yours and analyze them in these terms without trying to change yourself immediately, because feelings cannot be changed by a mere act of will, but they will change if you learn first to observe them. Get a little distance to yourself and see the underground workings of your reactions and the behavior of your various soul currents. Merely by doing this consistently for some time, eventually these strong reactions and inner desires and pressures will become weaker. They will not cease right away, but they will become weaker and occur less frequently. Eventually, if you continue to do this in connection with adequate and pertinent prayer, they will change and leave you a liberated person.</p>

From Pathwork Lecture 29

15	<p>So far, this may still sound confusing to you, my friends, because you do not know how to find your real feelings. Knowing how to begin is not half as difficult as you may think. The fundamental factor is again to get to know yourself, to ask yourself the pertinent questions. This is really very simple, once you decide to accept the unavoidable necessity of doing it. Each time you feel an unpleasant emotion like anger, anxiety, or resentment -- and your days are often full of such emotions -- stop rationalizing it away by thinking of the wrong attitudes of others. Instead, ask yourself, "What do I really want?" Know that the moment there is emotion in you, there is something you want. Otherwise you would not feel that way. I certainly do not say that all emotions are wrong, but unpleasant emotions must have a faulty premise somewhere, no matter how wrong others may be. The assumption of a faulty premise often manifests in an</p>
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	active pressure to change a condition or circumstance where acceptance should reign.
16	<p>Find out what this pressing desire is and examine it. It does take training, and forming the habit of observing yourself from this point of view, but how beneficial this way of thinking is! Once you begin and do not let up, you will see that it becomes second nature, a good habit without which you would not and should not want to live anymore. It is part of the daily cleansing of the soul. Before you start looking at yourself in this way, you are often caught up in an emotional confusion about the nature of your soul. You do not realize clearly what is going on in you, and what your desires are. Once you begin to focus your attention on the feelings, noticing what the desire is behind them, recognition becomes very simple, indeed.</p>
17	<p>And that is the purpose of the daily review I mention so often. But if some of you cannot or do not like to do your discovery work in the form of daily review, there are other ways of doing it. Whenever you have a free moment, think about the past few hours and think what your feelings actually were during them or during any particular experience. Then ask yourself, "What is my desire?" And when you find the answer, you will already have a clue. The answer will often be that another person has done something wrong or what seems wrong to you and you want that person to change. There you can actually observe close at hand that where you should be passive, you are active because you actively desire a change that you cannot bring about. When these overactive desires run in the wrong channel, you completely forget those instants when you have the power to change, if you would only look at yourself. For there is so much power given to each one of you! Yet, you do not realize it. Why? Because you misdirect your power into the wrong channels and it goes to waste. You use it up unproductively.</p>
18	<p>If you learn to examine yourself in this manner, you will not only find wrong and unfulfillable desires in you but conflicting desires as well. You often wish at one and the same time for two impossible things and create a short circuit within, stemming from these conflicting desires. Become aware of the paradoxical state of affairs within you. The only way you can do so is by practicing any type of daily review. Use self-honesty to examine your feelings and the desires behind them. That is the process to reach maturity, my friends.</p>