

A Pathwork Quote on

## Death

From Pathwork Lecture #168

25	<p>Now, are there any questions in connection with this lecture?</p> <p>QUESTION: Yes. Letting go of these desires is an act of will?</p>
26	<p>ANSWER: Yes, of the inner will. Often the desire itself may be legitimate and even healthy, as I implied before. But the insistence that "I must have this now" or "I must not have that now" is so harmful. What I advise is not necessarily giving up the desire per se. It is giving up the cramped soul movement that is connected with having the desire. It is a conscious decision directed toward the inner feeling self, in which you feel yourself letting go of something, giving up a certain attitude.</p>
27	<p>Let us take a simple universal example: The fear of death contains the desire to live. There is nothing at all wrong with this desire, for it is creation's fact that life is unending. But the fear of death contains every false attitude I discussed in this lecture. Physical death is, on a certain level, the final breaking point on the road away from the center. Since every human being is moving away from the center to a greater or lesser degree, everyone must experience death. Therefore, you fear and cramp up against this limit. But denying the result of your own action is an unreasonable inner act. It implies a refusal to assume the responsibility and consequences for your actions and choices. If you go east and wish to come out west, you will be in grave conflict with yourself and life. Accepting death in the right way merely means assuming the consequences of one's past direction. It need not mean to abandon one's desire to live. In fact, the desire to be dead is far from healthy. It stems from morbid fears and from the desire to escape. Thus I do not say that to overcome death and the fear of death you must abandon the desire for life.</p>
28	<p>What I do say is that the healthy attitude leading toward life would be an attitude somewhat like this: "Here is death coming. I do not know whether I will continue in life. I would like to continue living. My outer intellect knows only the philosophies of life as a continuum, but I do not as yet know and feel the truth of this continuum. I would like the eternal life, if it exists. I will not deceive myself, though, by pretending that I feel the truth of life as a continuum. I let go of the fear that I will not live and accept what comes, in the trust that the universe is benign, even if I cannot at this time know, see, and experience the continuum I would really like." This is the attitude that will eventually bring one the inner experience of truth that life is unending. How soon this will come depends on how genuine your attitude is and how deeply it is experienced. How trustingly you let go and let yourself be carried, while being honest at the same time determines how soon experience will prove to you that there is nothing to fear. For life, indeed, is an unending process.</p>