

Pathwork on  
**Fear**

Pathwork Lecture 168

29	QUESTION: How can you get fear out of your system?
30	ANSWER: You get fear out of your system by recognizing what is behind it and where you hold on in a cramped state, and by letting go of the cramp. Meet the fear head on instead of evading it. Fear is maintained when it is not faced. When you face fear, you can recognize, experience, and alter it according to reality and a more constructive pattern of life. Then the hard cramp relaxes. You will feel it. This action always implies a generous attitude of trust toward the universe. I said in this lecture that every single instant of living contains the possibility of choosing the attitudes that will bring you into contact with the eternal life within you. Actually, contact is not the right word: The eternal life will completely permeate you with its reality. If you are in fear, therefore cramped, therefore alienated from the life force within you, you must really face the fear on the deepest level -- find the cramped desire behind your fear, and then see the meaning of the cramped desire. It spells out, "I do not trust the universe. I want it my way. I do not give myself over to the universe." This is ungenerous and untrusting. This attitude is incompatible with the nature of the divine center, so that the experience of it is blocked. When this attitude is exchanged for generous trust, you will experience the truth of the benign universe in which nothing need be feared.
31	QUESTION: How can I synchronize feeling and movement?
32	ANSWER: The inability to do this reveals a tremendous frozenness that also comes from fear. You fear that if you express your feelings, you must move out into the world. You fear that by doing so, certain unwelcome results will occur. Here, too, you must ask yourself precisely what you fear if you move with your feelings. Perhaps you fear rejection, ridicule, hurt, but whatever your fears may be, you must state them concisely. Only then can the courage and generosity come that make you take the risk. There must be risk. Apart from all the other things I said about fear, it is a refusal to risk anything. It is impossible to lose fear without the willingness to lose. This means risking. Not wanting to risk is ungenerous. And anything ungenerous is incompatible with the nature of the power you wish to activate. To be enlivened by the inner reality of being, become one with it and express it, the outer personality must be compatible with its attitudes, its laws, its very way of being. These are natural and logical laws. If your character and attitudes are incompatible with the laws of the greater power deep within your center, you cannot possibly express this greater power. Not trusting the universe, not ever wanting to risk, is a pettiness in the spirit. Wherever human conflicts and problems reside in the soul, this pettiness also exists.

33	<p>Thus, the only way is to face exactly what you fear, what you want, and where you ungenerously withhold from trusting and risking. That is the only way out of fear. There is no other. Fear is totally the result of duality. You see, if you want so strongly, you must fear as strongly not getting what you want. Conversely, if you fear so strongly, you must unconsciously also want what you do not wish to experience. This excessive wanting and not wanting creates not only a cramp, but contains also the duality -- yes versus no, good versus bad. Duality ends in conflict, comes out of conflict, and therefore leads to the breaking point of no return. The limit finally offers no alternative but to turn around; then the unitive principle will reveal itself in its fearless, conflict-free state. Then a harmonious soul movement comes about where neither the yes nor the no is overly strong; not because one has no desire to expand in bliss, for this is the natural desire, but because one trusts the universe and its laws.</p>