

Pathwork on Living Spontaneously from our Core

Pathwork Lecture 155 FEAR OF SELF -- GIVING AND RECEIVING

17	<p>As I said, not only are the destructive forces feared, but often love and pleasure are feared as much if not even more, because the child has been made to understand that they are wrong and dangerous. They are feared because they require an unguardedness that trusts the spontaneous inner nature. Love forces can remain alive only when the self is totally unafraid of itself. Giving up guardedness seems like annihilation because then something other than the watchful ego cooperates in the process of living. Without the cooperation of the spontaneous inner nature life becomes impoverished. But the acceptance of this cooperation hinges on meeting what is feared. Thus in the vicious circle the love forces are feared because they demand giving up the watchful, stilted, premeditated attitudes that make all spontaneity impossible. Frustration and emptiness increase anger and rage, thus fear of self grows, and so on.</p>
18	<p>Those who are unable to make the decisive step to overcome their resistances to meeting their inner fears are caught in this cycle. Encounter with their fears is the one thing most people wish to avoid like the plague. It does not suffice to acknowledge in a vague theoretical way the existence of some negative feelings. It does not suffice to make abstractions about them. They must truly be lived through and dynamically experienced. This is inevitable and necessary and constitutes the facing of the self we are always talking about.</p>
19	<p>Once this is undertaken, it proves not as difficult or dangerous as first anticipated. In fact, the relief and liberation, the coming to life is so real and wonderful that the hesitation seems foolish in retrospect. Those who can bring themselves to make this step are blessed indeed, for life begins to open up only then. It is necessary to let go and let what is there come out, whatever the feeling may be.</p>
20	<p>I emphasize again, to avoid all possible misunderstanding, that this does not mean acting out one's pent-up anger, which only comes back to the self in retaliation. What I mean is that these emotions must be felt and expressed in certain circumstances, under therapeutic supervision, where they can cause no harm. In fact, the more the destructive feelings are acknowledged and the responsibility for them assumed, the less will you be driven against your will to act them out. Such acting out is always explained away; also people often remain unaware of how much more strongly they feel in a particular situation than is warranted. This inevitably affects others whether one admits it or not. The acting out that happens daily in everyone's life may not take violent forms, but it is all the more destructive indirectly. This phenomenon is very much underestimated.</p>
21	<p>All this can be avoided if the full strength of a destructive feeling is directly expressed and lived through. The more totally this can be done, the more quickly the transformation into pleasure will take place. ...</p>