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MESSAGE TO MY PATHFRIENDS
FROM EVA

For a long time I wanted to share the experience and the meaning of my illness with all my path friends. As you surely know, this is not an easy thing to do. It is hard to condense and put into words the depth of spiritual experiences and meanings that take often a long time to develop and become clear. So my account must, perforce, be limited and you need your own "feeling-in-process" to share with me, to make the sharing that I attempt a mutual enterprise.

There are so many angles that I hardly know where to begin. Perhaps the most important one is that there was a corner of my being in which I did not believe and know what I believe and know with all my heart and conviction in the rest of my personality. You can call that part, of course, the still undiscovered lower self. In this part I lacked faith, was afraid of death and pain, and doubted the existence of eternal life. The discovery of this part in me was about as painful as the shock of the illness itself. I also realized that there was no way I could have become aware of this part of me without actually experiencing the threat of death. It would have remained a theory and I could never have known that this part also exists in me.

You all know that an unconscious lower self attitude, even if it is say, only one percent as opposed to the also existing positive attitude to 99%, has more power to disrupt than we are apt to imagine. This is why total awareness and meeting the problematic attitude is so important, even if it is impossible to completely purify it immediately. But this is then surely the beginning of the way to do so. My awareness of this doubt and fear has not made it disappear. Sporadically, in phases, I reexperience the fear and doubt; I meet it and deal with it again and again. Every time I do so I come through a tunnel and on the other end is new life, new joy, and faith. But I realize that I must go through this many more times until this corner of me purifies and I can actually *experience* the reality of my eternal soul and eternal life rather than just believing and knowing it in my mind.

This *going* through it would also be very difficult, if not impossible, if I would have no further handicap and could be completely active again. My enforced inactivity enables me to *feel* the still existing fear and doubt. J. has helped me so much in these periods. He has shared the pain with me, he has helped me with the raw fear and has given me so much that I cannot put it into words. He was truly my helper in every sense of the word and I only hope that I could and will help him as much as he did and does.

I am fully aware now that even when I regain my full ability to move and be active again, this will not necessarily mean that this lower self aspect of doubt and fear has totally been transformed. It will be a phase and I will be called upon to deal with it, even while in an active state of health and vitality. It will be a test.

In the past I was overactive and worked more than my inner rhythm demanded, than was organic. I also see this only now. In a deep sense this was an escape from facing this fear and doubt. If anyone would have said this to me, I would have been utterly disbelieving and on the level of my consciousness I would have been correct. I was not escaping in any sense from

anything I was capable of seeing then. I was always totally committed to facing the truth in me and I lived this ever since I started on my path many years ago. This applies to a much deeper level I had to become organically ready for. I don't know if I could have "avoided" the illness if I had listened in to my inner rhythm more; if I could have found this part without actually going through the threat and shock of it. This is hard to say retrospectively. My feeling is no. Not only because there also are other aspects and "reasons" that intricately intertwine, but because the actual fear has to be experienced to become meaningful. This does not mean, however, that everybody has to go through this. I want you all to know that. Everybody's life and path is different and surely not everyone has to go through the same experiences in order to become aware of what lingers on in the deeper layers of the personality.

The timing of the illness was extremely important. It had to come then and surely not earlier because as you all know now, the meaning for the rest of the community was so deep. The time had come when many of you were ready to claim your own channels and your own leadership and authority as leaders. For that J. and I had to be a little removed. Our task will continue, perhaps in a new form and expression, but in the meantime more strength and leadership and independent channels have been established by so many others.

The whole principle of active/receptive is of course, directly connected with the above. My receptive side needed to be cultivated in order to perceive this part in me that I had not been aware of in me before. The receptive side can become more open to divine reality as I face and go through fear and doubt.

To a degree this has already happened, as is so often the case, overlapping and not consecutively, in continuous change. The negative aspect is faced and experienced; the positive comes through and back and forth. This manifested in a much stronger experience of Jesus Christ. I feel a personal connection with Him as never before. Before He was more a force, like the Christ Consciousness, while now I feel His presence as a person. This is a great new awakening that is tremendously joyful and important.

Another aspect of this illness is something where I want to quote the Guide and/or my Channel, directly:

"All human beings must eventually deal with a universal duality and must recapture the unity behind it. On the one hand, self-responsibility for your health and healing; on the other the deep respect and humility for the involuntary processes. These two facets of the same unity are split into two apparent opposites or contradictions that are very painful. In the extreme, self-responsibility becomes self will and an outer pushing that denies the reality of the inner, involuntary processes that cannot be directly controlled. On the other hand, the respect for these inner levels can be distorted into a helpless sense of being victimized by them. These involuntary levels can be the lower self (say, negative will and intentionality), or the higher self (a purpose and meaning, a test and a stepping stone). And again these two aspects inter-twine. The lower self will becomes the tool for the higher self purposes. It is your painful struggle through these two apparent opposites until you truly experience, not just theoretically know, the healing process and yet also accept the deeper levels that may go apparently at the moment into the opposite direction. The unity will emerge as a clear, marvelously soul-healing reality when you consciously go through this particular battle. Again, you could not have come to the pain of this split without the actual experience."

This is, so far, what I can put into words and I hope that I have succeeded and could help all of you to some extent.

All of these realizations didn't come at once or soon after the illness set on. For quite a while, way past the surgery, I was numbed, like in a vacuum. Later I realized this was a shock reaction. Only after a few months following the operation did I become aware of the shock. It took me a long time to absorb and assimilate the fact that I had cancer and the seriousness of this. I needed to come through in my mind every step that led to the stage when I knew that I had this illness. I had experienced this process before in my life, whether it was illness, an accident, or another traumatic event. In order to completely assimilate it, I had to live it through in my mind again and again, until it was really absorbed. This was and is very important for everybody, whatever it may be. It is a peculiar phenomenon, particularly with cancer patients, that they don't wish to accept the full impact of the fact of their illness. J, and others have noticed this often. Why it is so with cancer more than with other equally serious illnesses I don't know, but it is without a doubt so.

I feel that my fully facing the danger of the illness enabled me also to mobilize the active forces of my will to live. This sounds like so many of these paradoxes. One would think not facing danger would ward off the fear of death, and therefore activate the life forces. Not so. Only by living the fear again and again can I activate more and more the will to live and follow it through into action. Only by facing the danger could I also realize that the strong current mass image, that cancer must be deadly, lives underneath the not facing. For as I faced the danger could I get in touch with this mass image and could therefore subsequently come to challenge it. More than ever, I realize that nothing in creation "has to be thus or thus". It can be made different. So the facing of the seriousness and the fear of the illness, its ramifications and facing the fear of death are directly connected with the ability to truly challenge the mass image that cancer must be fatal. Not facing it means unconsciously succumbing to this image and/or to the will to die. I really don't believe the latter existed in me. This still doesn't mean one cannot die. There may be deeper levels involved, the will of God, for whatever we cannot understand, that may cause death. This refers to the respect for the involuntary layers of consciousness. But in many instances, though not in all, death is a result of the will to die on the personality level.

My will to live manifested in my attitude from the very beginning to do whatever possible to reestablish health. For that purpose, I combined all approaches: *spiritual* -- the search for the inner meaning; the working through the feelings; listening in to the inner rhythms and giving myself up to the passive period, fully flowing with it; and then following the change of rhythm gradually into slowly awakening active, outgoing activity on different levels; meditation, prayer, healing and healers. *Traditional* medical approach and *nature* healing.

1) As outlined above. I also prayed and meditated a lot in every conceivable way. J. contacted various healers (H. E., O. R. and a woman who had a special approach, came several times to see me and work on me. Last but certainly not least, E.). In this connection, I want to express my deep gratitude to all my path friends who sent me their prayers, who meditated for me, who sent me repeatedly their energy. Perhaps even more important than that was the fact that so many of you had a similar faith in the universal possibility of healing, that it did not have to be fatal. This faith, just as with J., helped more than I can say. Perhaps the most difficult

thing for me was to tell people I had cancer (people not on the Path), where I felt and feared their conditional thinking according to the mass image. I have to fight against this whenever I encounter it. This, too, is a part of the healing process.

2) I realized the folly of negating medical traditional means, just as the opposite (denial of nature healing and spiritual factors) is equally foolish, one-sided and fanatic. So I approached all medical treatment in a spirit of unity, being grateful to God for having created this, too. Surgery, radiation and medication, to whatever extent it was necessary at the time, regardless of its temporary side effects, could be unified in that way. I meditated during radiation, visualizing the divine force contained in the rays, visualizing my cells healing, the white blood corpuscles coming to my aid and fighting my cancer cells and re-establishing balance in my system.

3) At the same time, I did everything under the sun, no matter how momentarily inconvenient it seemed, to counteract negative side effects of radiation and medication and re-establish my vitality. I drank a glass of water containing bicarbonate, potassium tartrate and sea salt in certain measurements before radiation and took immediately afterwards a ten to twenty minute bath containing the same ingredients in larger proportion. It is always possible to arrange these things, even in a hospital, if one really wants to and if one takes responsibility for one's healing and doesn't let it rest entirely in the hands of doctors. No one doctor or other person (healer or whatever) has ALL the answers. It is up to us to decide and to select, even in the passive state, at the beginning, which remedies, diets, etc, to follow and which to reject. This selecting process cannot and must not be done merely on the merit of what is most convenient at the moment. Habit plays such a role and sticks us in a rut. It requires some effort and will to rouse ourselves from this and establish some new habits. Soon they will no longer present an effort at all. If this basic will and attitude exists, it is then much easier to also reject some things. The inner channel will function increasingly reliably when the will to change and make the effort for the sake of one's life exists. Inspiration will become more and more trustworthy.

Even in the hospital, I started some sort of health regime in my eating and didn't find it half as difficult as may be assumed. Once at home, it merely required the initial effort of changing established routines. I have given very exact information about my eating habits now to the health committee and they are available and don't need to be repeated here. This includes, eating, natural vitamins and minerals and exercise.

Furthermore, I take Enzymes, Laetril and the concentrated A&E Vitamins. Enzymes and these vitamins are sent from Germany, the Laetril is now available in the States. I also started with gentle massages for the lower half of my body since the nerves from the spinal operation were affected and result in strong muscle contractions and soreness. B. is wonderfully helpful here. I am deeply appreciative of her giving, her help, her understanding of where I am. Her massages are truly uniquely pathwork.

I started with Castor Oil packs -- a Casey remedy -- on my spine, where the surgery was performed. J. is expert in administering these and they also seem to help. I do thank him. I also still take occasionally those sea salt and bicarbonate baths.

E. and M. came to help soon after I returned from the hospital in order to "clean up" the apartment from the negative energies that remained from the time before I went to the hospital when I suffered so much pain and shock. I want to thank them too, because they helped to really renew the energies and "clean up" with their wonderful approach.

I also want to thank all of my "cooks" who come and cook for me with so much love. This is also an immeasurable help. I cannot name all of my friends who stood by me with their love, their faith, their help and their expressions. You are all deeply in my heart. I could not have done it without you.

Slowly activity and giving out awakens again. I must remain in contact with the inner need and rhythm of my body and soul in order not to fall back into the same mistake I made before. This is probably the inner purpose for the muscular and nerve impairment now, so as to force me into this slow pace of re-entering life.

My doctor, C. G., is fortunately open to all approaches. (But my own approach did not depend on him. I know I could have done the same with a good, but otherwise closed traditional physician, although it is helpful to have one who is open). In fact, C. sent a medical student to me who compiled data on all these various approaches and how to combine them. She taped my information and will write a paper on it.

Another fact I find significant is that such a traumatic event can often be a threshold to a rebirth, a reincarnation in this life. It is my second one in this round. It manifested in the strange fact that many of my habits and rhythms changed spontaneously and unplanned, like for instance my eating habits (no more meat and sugar, even before I heard how damaging this is, particularly for cancer); sleeping habits, time rhythms, etc.

At this time, I pursue the process I have described in my daily life. I observe the changes in my own reactions and deal with them as best as I can. I cannot truthfully say that all fear is overcome. It still occasionally grips me and with it the grief for my health and the threat of losing my life. But I learn to go through these tunnels every time and I feel the strength of body and soul very, very slowly returning to me. This is the wonderful path process that we all share together, that is open to all of us and that enables us to make a deeply meaningful and growing experience out of whatever happens to us. If I could convey this to all of you only to some extent, I have succeeded. This is why I wanted to share this with you, also to come closer to all of you, so that you know me better and that I will cease to be some vague authority figure for you.

I love you all very much.

EVA

When I read Eva's letter to the people on the path, I once again became aware of her struggle. I want to add a few words about my own participation in her crisis and my perspective of what I experienced in that crisis.

When Eva became ill, I was angry at her for "doing this to me", for putting on me all the responsibilities when the implied agreement was that we would do it together. We had a session with B. at that time and I let out my anger, demands and disappointment. Following this, every time I had angry thoughts I went into my pain -- the pain of losing her, the grief of not being together to enjoy life as before and worst of all, the pain of her tremendous suffering with which I identified completely, feeling deeply what she was going through. Her suffering became my suffering and out of this experience the energies were transformed into a peaceful acceptance of

the laws of life and the universe. My anxiety and fear were transformed into a sweet feeling of trust and the belief that "all is well" became rooted in my being.

The binding link with Eva was and is our deep love for each other, our admiration of each other's qualities and the deep appreciation of the treasures we have with one another and with all our soul brothers and sisters in the path. The force of love became the healing power in her illness and this force streamed forth from my heart and from the hearts of many others on the path, flooding her with light and life.

Now for an overall perspective: Eva had a Ca operation 18 years ago and at about that same time she suffered the great loss of her lover. This operation over the left side of the chest opened her heart and literally transformed her attitudes toward life.

The present operation was over the outer will center between the shoulder blades and again, there is a deep transformation of her personality opening areas that she was not conscious of before. I can clearly observe through her dreams and her actions in daily life, the vivid and beautiful process of purification and transformation to the higher self. There is a deep honesty and belief in the truth in her as she experiences a constant process of self-revelation.

Her courage and valor in facing each situation openly and immediately is a deep inspiration to me. I feel that everything is possible if I stay on my path. I also feel that all of us can perform "miracles" by being together and working together in truth; by giving to others what has been given to us.

I feel Eva is healing herself with our love and she will be able to overcome the remaining obstacles of her condition.

JOHN

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