

The Pathwork Guide on the meaning of a blessing

from PGL # 144 The Process and Significance of Growing

"Blessing" means the vigorous total wish for good, coming from the innermost self, from the divine inner being, the wish for the good of the unitive principle, which holds that there are no opposites and no conflicts. When this unobstructed wish flows directly into the deepest regions of consciousness of another person, a vibrating energy force is created that affects that person's consciousness.

Whenever you hear, directly or indirectly, the word "blessing" from now on, it will be very helpful for you to remember that your response is necessary to make the blessing effective. Openness, willingness, and complete inner cooperation are necessary to enable two forces to meet, for a one-sided blessing is no blessing. It may be intended as a blessing, but it reverberates on a wall either of resistance and opposition or of noncooperation and neutrality.