

The Grain of Truth

Study Guide for Online Meetings on a Pathwork Concept

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Some concepts were never featured in a single lecture! This study guide was created for one of the 'bonus weeks' that occur several times each year, inserted to re-align the 4-part monthly study guides with the beginning of each calendar month.

Finding the Grain of Truth

Even distinct errors contain, somewhere, a **GRAIN OF TRUTH**, when you search for the core of deduction. [*Happiness as a Link in the Chain of Life*](#) PL 5

Yet there must be a **GRAIN OF TRUTH** in such opinions, perhaps differing from how they were expressed to you -- or how you understood them. Consider them with honesty and with absolute goodwill to get to the truth.

The greater your resistance, the likelier it is, my dear ones, that you can find the grain of truth in what you have been reproached with, -- and until now, have not acknowledged.

Mediumship -- How to Contact God's Spirit World PL 8

Objectivity and Subjectivity

Whenever you are on the defensive, your primary aim cannot be truth. You do not ask yourself at such moments, "*Is it right? Is there a **GRAIN OF TRUTH** in it?*" Your concern at the moment is "*Am I right, or is the other person right?*" It is this limited "*I versus the other person*" that befogs the issue of what is right or true. There is a great difference when this is done as a defense of one's own undesirable traits -- or in truth and for the sake of truth.

[The Defense](#) PRS Chapter 19

Objectivity is another essential requisite for the free and harmonious human being.

The more unpurified and disharmonious you are, the more you will lack objectivity. Objectivity means truth; subjectivity means colored truth or half-truth at best, complete untruth in many cases. Subjectivity means unconscious or nondeliberate untruth, contrary to a conscious lie. All this is forthcoming from the emotional level of one's being.

By purifying the depths of your soul, you will first find where untruth exists within yourself; then you will be able to plant truth within yourself after the untruth is ousted. Needless to say, only this path of stringent self-search will make this discovery and ensuing change possible

Let us first take the common phenomenon that what you see in others as a grave fault, you often do not see in yourself; whether you have the same faults in the same way and the same strength or in a slightly different and modified form makes no difference.

What you observe in others and what you so strenuously object to may even be right in itself. Yet it is a half-truth, because you judge; and do not see where in yourself you deviate from what is right and good in a quite similar way.

Furthermore, the fault of the other may coexist with qualities which you do not possess yourself. Thus your judgment is colored, for your objection concentrates on the one sore point you focus on, while you leave many other facets out of sight which would be necessary to complete a comprehensive overall picture.

[Exercise 1:] So whenever you judge others in your mind, whenever you resent their faults, please my dear friends, think well: *"Don't I have, in a different way perhaps, but nevertheless, a similar fault? And does not the other person I judge so harshly have qualities I lack?"*

And then start to think of such qualities the other has and you do not possess. Also, think whether you do not have different faults than the person you judge and resent. All this will help you to view your anger at other people's faults more objectively.

And should, by any chance, the outcome of such deliberations really be that your faults are so much less, your qualities so much superior to the other, all the more reason for you to cultivate your tolerance and understanding. For then you would be indeed in a higher state of development which gives you, above all, the obligation to be understanding and forgiving.

If you lack that ability, all your superior qualities, all your lesser faults mean nothing!

If you make serious endeavors in that direction, God will help you to be more objective. Thus you will definitely have more peace, and what bothers you so very much will cease to upset you.

Incidentally, whenever you are upset about another person's faults, there must be something in you that is not right either. You know that, friends, but you forget it again and again when such opportunities come up. If you truly wish to find out what it is in you, again, God will help you! And here you should not be concerned with the fact that the other person may be so obviously in the wrong, so much more wrong than you are.

Try to find the little grain in yourself, instead of concentrating on the mountain of the other. For your own unhealthy seed robs your peace, and never the mountain of wrong of the other person!

Objectivity and Subjectivity – The Christmas Lecture PL 42

Exercise 2: Practicing Open-Mindedness

Open-mindedness has to be always present on this path. A person has to devote much work, willpower, and time to reach this state of mind. If you have not invested all that, then you need to ask yourself, *"What are my imperfections? Where are my faults? What is my greatest fault, which might be the greatest obstacle to my spiritual ascent? What are the faults which I have already recognized, but about whose consequences and extent I have not given myself a clear account? And what are the faults with which my fellow-humans have confronted me?"* \

Think about them. You will find yourself saying, *"This is unjust, it is not true that I have these faults"* -- and you might even be right.

Mediumship -- How to Contact God's Spirit World PL 8

QUESTION: *But what if we get annoyed at being unjustly criticized?*

ANSWER: The very feeling of annoyance is the proof and expression of your defensiveness. Without defense, you would not be annoyed. How could you be? You would evaluate and either find that in it there may be some truth, little truth, or none at all.

All too often, you are convinced it is unjustified before you even have a chance to find out, or rather before you give yourself the chance to find the possible **GRAIN OF TRUTH**. And if there is no trace of truth in it, why would you have to get annoyed? What can this criticism do to you that causes annoyance?

[Exercise 3:] Have you ever analyzed it from this point of view? Justified or unjustified criticism cannot really harm you -- unless you think you cannot be loved and respected if something to be criticized is found.

When it comes to this work, when it comes to voicing one's impressions and feelings about others, this then is not a matter that can necessarily be refuted at once. It requires probing to see whether or not there is some **GRAIN OF TRUTH** in it, even if brought out in a distorted way -- perhaps due to the other person's problems, or merely due to his limitations as a human being.

QUESTION: *You mean, we should just sit and listen to someone who criticizes us?*

ANSWER: Calmly listen and evaluate: could there be some **GRAIN OF TRUTH** in the criticism? In spite of possible unfairness, obvious wrong on the part of another person, in certain instances. What harm can this do? Why do you fear it so? Is it not an error to fear harm by criticism to your face?

[Exercise 4:] Think about this. Observe your innermost reactions, which are utterly incommensurate with what your reason must tell you. Realize that one person's wrong does not make the other person one hundred percent right. Try to see right and wrong in both parties involved. The percentage does not matter, but see both -- you and the other -- with the same detached objectivity, regardless of the storm of your emotions -- which you should, by no means, suppress, repress or deny -- but simply observe the unreasonable exaggeration of your emotional reactions, the one-sidedness, the defensiveness.

When you are fully aware of this, you will feel the poison flow out of your system. Do not blame the other person for the unpleasant sensation of this poison, registered as anxiety. It is your defensiveness that creates it. Once you clearly see this, you will relax and meet what comes to you in a constructive way, allowing you to grow from it.

[The Defense](#) PRS Chapter 19

Ponder whether there is not a **GRAIN OF TRUTH** in such accusations, even if, perhaps, not quite in the way it is brought forth.

[Constructive Confrontation](#) PRS Chapter 5

The fear of criticism is an illusion you can only dispel when you expose yourself to it again and again deliberately—in your groups, for example. There is no other way to come out of anything unless you go into it. I have said that many times—that you open yourself up to the pain;

that you experience the pain; that you then question yourself, *“I want to be mainly committed to the truth. If what I hear has a **GRAIN OF TRUTH**, I want to see it. And if it is not true, I will feel that pain of the unjust criticism.”*

In that way, you will totally lose your fear, and you will become vulnerable -- and invulnerable, through that. Then your positive intent to give the best of the universe to the people you instruct—to be a tool, to be an instrument (and not to serve your ego)—will have a more powerful acceleration.

Psychic Nuclear Points PL 214 Q&A

Exercise 5: Practice finding the Grain of Truth When you do your Daily Review, focus on at least one disharmony or conflict in your life. Find the Grain of Truth in the other person’s point of view, regardless of how tiny it is.

Daily Review				
DATE	SITUATION	REACTION	BEHAVIOR/RESPONSE	JUDGMENT
	Facts/Circumstances of Disturbance	Feelings, thoughts, emotions	How You Acted (Exaggerated/Minimized)	Affirmed/Negated My Belief That...
10/01/20	Late for work	Fear/anxiety about job	Yelled at kids	I'm a bad mom
10/01/20	Fight re dinner cleanup	Felt let down by family	Didn't speak for hours	People are inconsiderate

<http://www.janrigsby.org/files/PDF/028-DailyReview-Suggestions.pdf>

Finding Your Faults

In the first place, I would advise you to find out all your faults. For there is hardly a human being, unless they have gone through such a purification process with help from outside, who is really aware of all his faults. And this can be found out. It is not easy. It means perhaps also a little humiliation, which is good and healthy for you, particularly in the connection I have just mentioned. Perhaps you ask your dear ones who are closest to you, the people who know you best, ask them: *“Please tell me, what are my faults. You can tell me frankly, I will not be angry with you. I will consider it.”*

And after you have brought them to do so, consider every one of the faults that have been mentioned even if you are convinced that it is unjust. You will still find, even if it is unjust, some **GRAIN OF TRUTH** that will give you a further clue. This is very important and a very direct road to come to the roots. And the less faults you know, to begin with, the more proof you have that you do not know yourself very well.

The Call PL 17

[Exercise 6:] When your friends or family do tell you your faults, think about them calmly. Someone may say something that at first will seem entirely unjust and hurtful to you. You may also, for that matter, be even more hurt if a truth is told to you.

Even if you have the sincere conviction that the criticism is an injustice, try to evaluate it nonetheless. There may be only one **GRAIN OF TRUTH** in it; the other person may just see you a little differently, or see you just on a superficial level. He or she may not have the full understanding of what lies underneath; why you react in this way, and all the complicated mechanisms of the workings of the soul. He or she may not choose the right words.

But the one **GRAIN OF TRUTH** in what is said may open a new door of understanding for you. It may not even be something entirely new for you, but it is often necessary to consider the same fault or trait from new angles, under a different light, so as to understand the various effects this same fault may have on your surroundings. When you say your daily prayer and do your meditation, this is what you should concentrate on.

Finding Your Faults PL 26

Search if there is not some **GRAIN OF TRUTH** involved -- even if the other person does not bring out the true core. The moment you find it, the justified or unjustified disapproval will no longer be a hurt. In this attitude, you will not have the fear of criticism or disapproval; your forcing current will dissolve.

If it is not disapproval, but outright need of being loved, and this love is not forthcoming, you may be a little sad, but your life will not depend on it. You will, moreover, see that these emanations contributed greatly to the other person's negative reaction. These insights will free you and help you to further the maturing process.

[Reality and Illusion](#) PL 71

Outer Conflict as a Materialization of Inner Conflict

Many of my friends have prayed for help and strength on this path, but most of you do not recognize when this prayer is answered. For this prayer is often answered in a form that seems unpleasant to you, in a conflict or a friction or something that induces you to feel unjustly treated. You do not realize that this very event that causes you temporary pain is an answer to your own prayer -- the prayer in which you ask for help to recognize yourself and your conflicts in order to purify yourself.

How can you do so unless the inner conflict materializes outwardly? For only then can you become aware of what is hidden within you that deviates from divine law. This deviation is negative, and must materialize as something you feel in a negative way. This simple logic is often overlooked, my friends, and you persistently take the frictions in your life as though it had nothing to do with you.

[Exercise 7:] So I beg of you, my dear friends, consider the outer conflicts that come to you as an answer to your prayer. If you will only turn into the other direction! Instead of becoming defiant and hurt, turn inside, turn around, no matter how wrong you think others may be! Ask yourself, ask your Father in heaven, "*Isn't there some **GRAIN OF TRUTH** somewhere? By recognizing it, I will continue to learn and develop.*"

And a wealth of further recognition must come to you, that will cancel out all the disharmony, all the feeling of injustice, sadness, or defiance, or any other kind of misery.

Just turn in the direction of your own inner reactions, my friends, when you feel unjustly treated or hurt, and you will see that your very own prayer was answered. And when you see the core of your inner error, all the friction between you and your brothers and sisters will disappear like snow in the sun. And you will be able to unite with understanding and love.

We in the spirit world pray for you, that you may be given this understanding and love -- our friends, our brothers and sisters in the body, who are courageous enough to do the one thing that matters: turning inside, self-recognition, self-purification. There is no other reason for life on earth than to follow through the road you have chosen.

The more wholeheartedly you go about it, the more sincerely you prove your good will and your efforts, the safer it is for you to assume that you will not have lived your life in vain.

There is no "too late," no matter when you begin.

[Three Basic Personality Types: Reason, Will, Emotion](#) PL 43

Finding the Unitive regardless of Dualities

One human concept worships God as a person, another concept has experienced Him in the dissolved state. You will always realize that a **GRAIN OF TRUTH** is even in two apparently contradictory concepts.

Words are always, also in this area, lacking perfection. And in order to really understand what I say -- it is so difficult to press these concepts into your language -- it is of utmost necessity that you do not cling to the exact wording and to the "logical" exactness, if I may say so, but that you let your feelings generously dwell on it and connect your knowledge and your feelings. Then the recognition, which cannot be replaced by words, will grow in you.

Male and Female Incarnations: Their Rhythms and Causes PL 10

Exercise 8: Look at a disharmony in your wider community. Find the Grain of Truth in both 'sides'. Notice any fear that comes up about acknowledging this. What is your fear about? Consider that the 'other' may share the same fear.

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