



# PATHWORK NEWSLETTER

PATHWORK IN  
AUSTRALIA & TEXAS

## TWO FUNDAMENTAL MISUNDERSTANDINGS

*Notes from a seminar with Lorraine Marino, Pathwork Helper and 50/50 Helper:*

“Loving” in Pathwork terms means to “*relate to life as it is,*” (pgl 133) not as we want it to be. This means accepting life and others as they really are, not forcing our demands that life be “perfect” in the way we want. It also requires accepting ourselves as we really are -- not trying to be more than we are. Loving requires being in the “*fertile soil of reality.*” The two fundamental misunderstandings are the misinterpretation of life and the misinterpretation of the self. These block loving, cause “hard” pain, which makes us fear and defend against life, others, and real feelings.

*“The prohibition against loving is the result of two basic misunderstandings. The one is the misinterpretation of reality [that we can have 100% here without first accepting the temporary reality of this plane]. Where illusion exists, confusion results and therefore a host of negative emotions such as fear, hostility, separateness, self-pity, ambivalence, vindictiveness. Hence, love becomes impossible. It is unthinkable that when man is in reality within his innermost concepts, perceptions, and value system, that he could be afraid of loving. The second is underestimation of the self, inferiority feelings.”*

Love: Not a Commandment, but Spontaneous Soul Movement of the Inner Self, pgl 133

**1) The misinterpretation of life** on earth. This is the wrong belief that we can have 100% happiness, fulfillment, pleasure, etc. in the way we want it – with no opposing or negative experiences. This is a misinterpretation of our Divine memory, which knows of a spiritual realm where there is only pleasure, love, serenity, and so on. This memory of the spirit world and the longing for this state is constantly in conflict with reality on earth. So we constantly fight against any experience that seems to bring unhappiness and pain.

**2) The misinterpretation of the self.** This misunderstanding follows out of the first. Because we wrongly think it is possible to have total happiness here on earth, we then conclude there is something wrong with us if we don't have total happiness. We assume it is a fundamental flaw in ourselves when we are unhappy and have pain of any sort. We misinterpret the self as having “failed.” We feel inadequate, inferior – make ourselves “bad” -- when we can't avoid unhappiness, pain, frustration. This underlying belief that we are “bad, unworthy, worthless, unlovable” etc. is under every emotional reaction. This creates “hard pain” versus the soft pain that leads to relief.

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## 2009 Teleconferences

### 1st and 3rd Saturdays

5:00 - 6:45 pm US Central Time

Telephone number US 1-518-825-1300 pin 987015

Automated email reminders are available upon request.

These will include phone number and pin and convert the appointed time to your time zone. Sent 24 hours prior.

**Questions? Call 512-215-2544 or email Jan at [rigsby@pathworktexas.org](mailto:rigsby@pathworktexas.org)**

#### May in NYC

*Film suggestion: Defending Your Life (1991)*

May 9 Fear of Loving / Three Aspects that

Prevent Man from Loving pgs 72 & 107

May 16 Spiritual Law pgl 171 and pc10

#### June

*Film suggestion: Ordinary People (1980)*

Jun 6 Spiritual Meaning of Relationship pgl 180

Jun 20 Procreation and Survival, Instincts in

Distortion and Conflict pgl 85 and 86

#### July in Australia

*My first grandchild is expected to arrive in May.*

*If one of the above sessions is cancelled due to arrival of stork, that topic will be presented July 12th.*

*Note: Time will be shifted back 2 hours for JULY 12th only, 7-9pm Central / 10am-noon NSW/VIC*

#### August

Aug 1 Developing the Observer Self, Chapter 3 from

The Undefended Self by Susan Thesenga

Aug 15 The Forces of Love, Eros and Sex pgl 44

#### September

Sep 5 Child, Adult Ego and Soul Self, Chapter 4 from

The Undefended Self by Susan Thesenga

Sep 19 The Spiritual Meaning of Sexuality pgl 207

October - 2nd Weekend only!

Oct 10 Facing the Lower Self, Chapter 7 from

The Undefended Self by Susan Thesenga

*Note: I may be traveling to Beijing during in October to promote the Chinese translation of The Undefended Self for Pathwork Press*

Audio Recordings of ALL teleconferences are available on the internet at no charge. Data DVDs containing multiple tutorials may be purchased if you are unable to download MP3 files. Some Video DVDs also available. Links to FREE audio recordings and video clips (plus free study materials) available at [www.pathworktexas.org](http://www.pathworktexas.org)

*A Paradigm* is a set of assumptions, concepts, values and practices that constitute a way of viewing reality for the community that shares them. 'Thinking outside the box' is a way of saying 'thinking outside the paradigm'. Such ideas can seem revolutionary, disturbing, -- even startling. That's because we have forgotten there was a 'box'. When we no longer see that we are making choices, we lose the ability to choose.

Legend promised that whoever untied the Gordian Knot would rule Asia. One general realized that the goal could be accomplished by cutting it with his sword. Folklore and novel tactics (plus a huge army) crowned Alexander the Great. Galileo's invention of the telescope also cut a knot -- the stranglehold of religious doctrine over fact, by proving that the earth was not the center of the universe. He was arrested and excommunicated. 300 years later, Einstein fared better when he loosened the bonds of Newtonian physics.

Today we submit more easily to a constantly changing scientific knowledge base. Facts, like words, can be used to construct new stories -- or just copy and reinforce existing ones.. If we are unconscious that we are working within a limited 'box' of assumptions and understanding, we tend to build inside it, ignoring anything that does not 'fit' our images, agendas, or experience. It may be human nature to resist change and cling to certainty. Yet our spiritual nature will not give up its quest for growth and transformation. The result is an inner tension between our human and divine natures. Our titanic struggle to resolve the two may be the unique essence of human nature.

"I am the master of my fate, I am the captain of my soul"\* expresses a knowing that we operate in both spheres. Spiritual practices are also a mixture of the human and the divine, offering maps to help us navigate.

Blessings upon your spiritual journey.

*Jaukiy*



\* Invictus by William Ernest Henley 1875