



PATHWORK

NEWSLETTER

PATHWORK IN
AUSTRALIA & TEXAS

HELPING OURSELVES:

Bringing Pathwork Concepts into our Daily Lives

This month I am offering a series of workshops which focus upon helping ourselves., and the single July teleconference will also explore this topic. It is, in part, a reflection of a full year of bi-monthly teleconferences. Over 20 presentations have been recorded and mounted on various websites in MP3 format. These files can be listened to on line, downloaded and played on computers and iPod-type devices, or burned into CDs and played on compact disc players. I have also video-taped 10 sessions and mounted sample segments on YouTube, in the hope that offering a visual connection might encourage further self-study of the Pathwork Lectures.

One of the lectures that I reference in almost every teleconference is pgl 127, Evolution's Four Stages: Automatic Reflexes, Awareness, Understanding, Knowing. The lecture suggests that human development is an ongoing process, that we can experience all 4 stages simultaneously in different areas of our lives. By understanding this, we can use experience from our more developed areas to support the less developed ones.

Awareness always feels like the most difficult stage. Sometimes becoming conscious can feel like the sun rising, a slow and gradual process where we have lots of time to become accustomed to new surroundings and circumstances. Having a spiritual practice in place can support us in developing our understanding. Where we can become unsettled is when awareness feels sudden, as if a light switch flipped on and we have to handle many realizations at once. Sometimes that can feel like waking up in the middle of traffic. Such moments can illustrate where we could make use of more support or self-knowledge.

There are some basic, 'starter' concepts that can assist us in almost any situation. Daily Review (pgl 28), done in written form or just in a few moments of reflection each day, can bring awareness to patterns of how we think and behave, where we might dismiss individual incidents as unique or unrelated to a larger dynamic. Seeing destructive, repetitive dynamics in terms of a Vicious Circle (pgl 50) can lessen despair by seeing how our choices entrap us, rather than our circumstances. Understanding how we limit our perceptions by seeing issues as only having two dimensions -- good/bad, life/death (Unity and Duality, pgl 143) -- can bring new possibilities into play. Noticing how personalities tend to favor different ways of expression and interpret events based upon preferred results (Three Personality Types: Reason, Will and Emotion, pgl 43) can help us to see where we may be unconsciously be biased or prejudiced. Even our best instincts and intentions can evolve into a rigid code of behavior -- The Idealized Self Image (pgl 83).

See worksheet on pages 2-3 for how some of these tools, techniques and concepts can be applied in your daily lives.

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Helping Ourselves

2009 Tele conferences

2nd and 4th Saturdays

5:00 - 6:45 pm US Central Time

Teleconference is accessed by calling a US phone number.

Automated email reminders (available upon request)

will include phone number and pin plus convert the appointed time to your time zone. Sent 1 week before, and again 24 hours prior.

Completed teleconferences are uploaded and can be listened to or downloaded as mp3 files.

Questions? Call 512-215-2544 or email Jan at rigsby@pathworktexas.org

July in Australia

Time Change! 7-9pm Central / 10am-noon NSW/VIC

July 12th Topic: Helping Ourselves

How to focus and deepen your understanding of Pathwork concepts through personal and self-led group work.

Aug 8 Developing the Observer Self, Chapter 3 from The Undefended Self by Susan Thesenga

Entire chapter is available for download at

www.pathworktexas.org

Aug 22 The Forces of Love, Eros and Sex pgl 44

Sep 12 Child, Adult Ego and Soul Self, Chapter 4 from The Undefended Self by Susan Thesenga

Sep 26 The Spiritual Meaning of Sexuality pgl 207

October

Oct 10 Facing the Lower Self, Chapter 7 from The Undefended Self by Susan Thesenga

I have tentative plans to travel to China to support work with the Chinese translation of The Undefended Self for Pathwork Press. If the trip manifests, there will not be a teleconference Oct 24th.

November / December TBA

Nov 14 Nov 28 Dec 12

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

Self-Study Materials for July 2009 Teleconference

Please always use self-care and self-love in considering how much personal work to do. Trying too hard can create overload, congestion, a spiritual constipation. Negative intention loves to masquerade as higher self, positive intention, 'in your best interests'.

If you feel overwhelmed by input or suggestions, consider that there may be a grain of truth in such feelings. It may help to put study materials aside for a while. Working consciously is a way of accelerating a process; it is not the only way, and in many cases it may not be the fastest way. Try placing a lecture or worksheet under your pillow, on your bedside table, or in the center of your desk or work area overnight; in the morning, notice any change in attitude or energy.

Some of these exercises may give you pleasure and make you feel centered and strong. Despair, sadness, numbness and irritation may also come up; notice these in your Daily Review. Your commitment to doing this work is an act of the Higher Self. Allow some smaller, less developed parts of you to protest. Treat all of yourself with love. You deserve it.

1. Allow yourself to have a 'presenting complaint'.

This is a conscious statement describing what you want to work on, what you perceive the problem or dilemma is (or is about). It may also be about a symptom you are experiencing, which you feel involves a larger issue that you may not be able to articulate yet.

Describe your 'complaint' in terms of feelings rather than as a theory about what they might be about or an opinion or judgement. Keep your 'complaint' brief and straightforward. "I feel tired all the time", "I am concerned about my negative feelings", or "I can't seem to feel affectionate towards my mate". They may start out as blame, resentment, or even intolerance: "My parent makes me feel angry" or "I don't feel appreciated at work". For some, just finding this original 'complaint' may become a process in itself, as you may resist feeling something that you do not respect or understand.

Do not judge or edit what you are feeling, *especially* if it feels childish, self-centered, or in distortion. Covering up a primary impulse (or trying to make it politically or spiritually 'correct') is based upon an assumption that we are wrong in feeling what we feel. It is usually our interpretation, rather than our feeling, which needs to be reviewed.

2. Activate positive intention.

Your positive intention led you to work on this exercise. It can guide you to greater awareness, deeper understandings, and self-transformation. Yet it is seldom strong and conscious at all times. Before you do any work that might address your negative intentionality, it is important to honor and activate your positive intent.

Some people like to start this process with a few moments of meditation or a ritual, such as lighting a candle. Spending a

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few moments in a special posture, or environment can help you feel and focus your intention. Objects that represent your deepest held beliefs or which bring up memories of inspiration and clarity can also help.

This could take a while. Each one of these steps can be transformational by themselves – your personal process is unique, and is always more important than any specific exercise or sequence. It can be a breakthrough moment to realize that we are in resistance, that our sense of being ‘trapped’ comes from within, and that outer circumstances simply justify fears that we choose to listen to. If we are frightened of change, the work then becomes understanding our fear rather than creating change. Accepting exactly who we are in every moment is a profound act of love. It is an act of unconditional love and acceptance, and we have the power to bestow it.

3. Searching for patterns.

Everyone experiences occasional feelings of being unloved, helpless or miserable. If we believe that these feelings are deserved, we may consciously and unconsciously agree with comments or situations which re-enforce such judgments. We hear only what we already believe to be true and disregard any evidence to the contrary. Before we address such judgments and attitudes, it is useful to become aware of how these thought patterns are reinforced in our daily lives

Daily Review is a technique for revealing ongoing attitudes, and patterns of behavior. Keep a very brief, ongoing Daily Review every day for 2 weeks. Just 10 words per entry will be enough! The purpose is to track disharmony. For this exercise, focus upon any disharmony which touches upon your 'presenting complaint'. If your 'complaint' evolves, allow this by defining a new topic or question -- and keep going with the Daily Review. Since changing topics can be a way to avoid depth and scrutiny, this may also represent a pattern in your life – and allow that changing your mind continuously might be the topic to explore!

At the end of each day, recall moments of discomfort, pain or negativity. Write down a few words which will remind you of a) the trigger or situation b) how you felt – sad, angry, or frightened, for instance c) your thoughts or judgments about the incident, what it meant about others who were involved.

If you have too many disharmonious incidents a day and feel overwhelmed, narrow your focus.

4. Vicious Circle

Try to diagram one or two of your recurring patterns of disharmony using the clock technique in Vicious Circle worksheet (available as download from www.pathworktexas.org).

5. Noticing Dualistic thinking

"The majority of human beings live predominantly on the dualistic plane. The dualistic plane means that man sees, perceives, and experiences everything in opposites. It is always either/or, good or bad, right or wrong, life or death. In other words, practically everything man encounters, every human problem and predicament, is determined by this dualistic way of perceiving life." Pgl 143, Unity and Duality

Whenever we perceive a choice as life-affirming, we immediately cast the alternative as a form of ‘death’, and vice-versa. Believing that a choice is deadly (in terms of removing pleasure, connection or opportunity for our life force) causes tunnel-vision, as we feel we must escape death at any cost.

Any time we feel we are in a life/death scenario, we will choose life. Yet this is almost always an exaggeration or over-dramatization.

Practice noticing dualistic thinking, where you feel, think and say 'or' -- meaning that you feel you must make a clear-cut choice -- and ignore the possibilities of 'and'.

It can be very helpful in understanding duality to see how we interpret events based upon self-preservation (I live or I die) or procreation (my dreams live or they die). The Instincts of Self-Preservation and Procreation in Distortion / at Conflict, pgl 85 and 86, can be useful study tools here. Download the audio MP3 file of a recent teleconference on this lecture from

<http://www.esnips.com/web/PathworkTeleconferences>

Study guides are available at www.pathworktexas.org

6. Idealized Self Image (ISI)

What is your idealized self image of yourself? Be kind -- that you don't meet these expectations is not important here. What values do you ideally want to personify? Make a list. Who / what do you want to be by the time you die? The key word here is 'Ideal': A conception of something in its absolute perfection, an ultimate object of endeavor; a goal.

7. Daydreams and Fantasy as indicators of our Forcing Currents

What are your daydreams ("Desire-Life")? These can last a few seconds or several hours a day. Write them down, looking for only a few key elements just as in Daily Review. Note the scene - work, love, play, conversation, or total fantasy -- robbing a bank, saving the world, accepting a top honor, finding yourself in grave danger. Write down the qualities you display or are called upon to display - heroism? beloved? martyr? partner? genius?

What is driving you in your daydreams -- a quest for power or a quest for love? If you feel torn between the two, the ending of your daydreams may involve seeking serenity = withdrawal, as a secondary pseudosolution. For this exercise, focus upon the primary ones - power and/or love.

8. Connecting our Desire-Life to our Idealized Self Image

What part of your idealized self image plays the greatest part here? Honesty, loyalty, willingness, hard work? Connect the dots between your list of Idealized Self Image qualities and who you are in your daydreams.

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Full text of all lectures may be downloaded from
www.pathwork.org